



Cucumber Salad

Makes: 50 servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
4-5	cucumbers, washed and chopped	4-5
2	red peppers, finely chopped	2
1	head of leaf lettuce, washed and chopped	1
1 cup	sour cream	250 mL
1	clove of garlic	1
1 tsp	salt	5 mL
1	bunch of fresh dill, finely chopped	1

Note: Nutrition Information is on page 2.

Instructions

1. Combine cucumbers, red peppers, and lettuce in medium sized bowl.
2. Blend sour cream, garlic and salt with hand blender. Stir in dill.
3. Toss cucumbers, red peppers, and lettuce with dressing. Refrigerate and serve within 2 hours.

Special Instructions

1. Liquid will begin to drain from cucumbers and dill if salad sits for too long.
2. Discard leftover salad once tossed with dressing.

Nutrition Information

Serving 43 g

Calories 15

Fat 0.5 g

Saturated 0 g

+ Trans 0 g

Sodium: 55 mg

Carbohydrates: 2 g

Fibre 0 g

Sugars 1 g

Protein 1 g

Calcium 10 mg

Iron 0.1 mg

Food Guide Servings

½ Vegetable & Fruit