

CUCUMBER STICKS WITH DIP (FRESH)



VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

½ cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Cucumber with Peel, Whole, Fresh, #4101	10 pounds + 8 ounces
Dressing, Fat Free Ranch, 12 gram, #2208	50 packets

DIRECTIONS

- Rinse the cucumbers under cold running water, then drain them thoroughly. Cut the cucumbers into 3" x ¾" sticks.
- Place six sticks in each cup to equal a 1/2 cup serving. Cover them and place them in the refrigerator until ready for service.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.
- Portion six cucumber sticks in a serving cup with one packet of dressing per serving. Each portion provides ½ cup of other vegetable.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use USDA Foods or Department of Defense (DOD) foods when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Vegetables" provides seasoning and serving ideas for vegetables.

NUTRIENTS PER SERVING

Calories	24	Dietary Fiber	0.48 g	Sodium	126.91 mg	Sat. Fat	0.04 g
Carbohydrates	5.46 g	Protein	0.62 g	Total Fat	0.10 g	Trans Fat	0.00 g