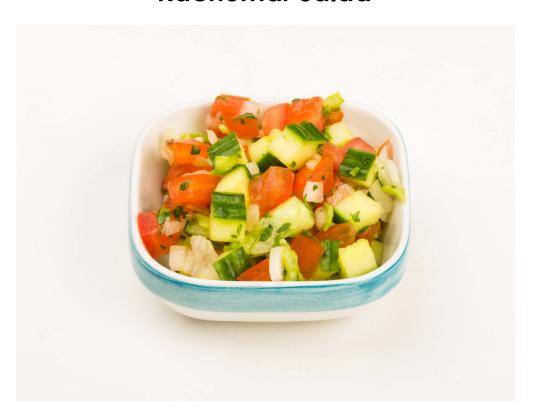


Kachumar Salad



Recipe Rating				
Total Time	20 Minutes			
Cooking Time	None			
Total Labour	20 Minutes			
Knife Skills	Basic			

Equipment
Chef's knife/Peeler/Cutting
Board
Spoon/Spatula
Mixing Bowl or Pan

Nutrition Facts Valeur nutritive				
Per 1 serv (61g) / par 1 serv (61g)				
Amount % Daily Teneur % valeur quoti	y Value idienne			
Calories / Calories 10				
Fat / Lipides 0g	0%			
Saturated / satures 0g				
+ Trans / trans 0q	0%			
Cholesterol / Cholesterol Omq				
Sodium / Sodium 60mg	3%			
Carbohydrate / Glucides 2q	1%			
Fibre / Fibres less than 1q	3%			
Sugars / Sucres 1q Protein / Proteines less than 1g				
Vitamin A / Vitamine A	1%			
Vitamin C / Vitamine C	15%			
Calcium / Calcium	0%			
Iron / Fer	2%			



Kachumar Salad

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
English Cucumber, Fresh, Diced	500 gm	1.1 Lbs	1 Kg	2.2 Lbs
Tomatoes, Fresh, Roma, Diced	500 gm	1.1 Lbs	1 Kg	2.2 Lbs
Onions, Fresh, Diced	100 gm	3.5 oz	200 gm	7 oz
Parsley, Fresh, Finely Chopped	50 gm	1.8 oz	100 gm	3.6 oz
Iceberg Lettuce, Shredded	250 gm	8.8 oz	500 gm	1.1 Lbs
Lemon Juice	125 mL	4.2 fl oz	250 mL	8.4fl oz
White Pepper	2 mL	0.4 tsp	4 mL	0.8 tsp
Salt	5 mL	1 tsp	10 mL	2 tsp

Method



1. Wash tomatoes and parsley. Peel English cucumbers and onions. Uniformly dice English cucumbers, tomatoes and onions. Shred iceberg lettuce. Finely chop parsley.



2. In a large bowl, combine all ingredients and mix gently with a spatula.



3. Serve a 60gm portion in a side dish or on a plate with an accompanying dish.

Serve Cold.



4. **Bulk:** Portion into service dishes or leave in bulk for dining room service.

Cold Plating: plate alone or as a side dish. Place on the cold side of the tray prior to service.

Garnish: Finely chopped herbs

Food Accompany: Any appropriate entrée

