



Kachumber Salad

A delicious blend of nutrient-rich cucumber and ripe cherry tomatoes mixed with fresh mint and arugula, tossed in a refreshing lemon vinaigrette. Served as a side dish.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
California Department of Education

Preparation Time: 30 minutes

Cook Time: No cook

NSLP/SBP crediting information:

¼ cup provides ⅛ cup other vegetable, ⅛ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Mint leaves, fresh, chopped	1 oz	¾ cup	2 oz	1 ½ cups	<p>1. In a large mixing bowl, add chopped mint leaves, diced cucumbers, halved tomatoes, julienned onions, and baby arugula. Lightly toss to combine.</p> <p>For 50 servings, use an 8-quart mixing bowl. For 100 servings, use a 13-quart mixing bowl.</p>
*Cucumber, fresh, ¼ inch dice, unpeeled, Persian preferred	2 lb 6 ½ oz	1 qt 1 ½ cups	4 lb	2 qt 3 cups	
*Tomatoes, cherry, fresh, halved	2 lb	1 qt 1 ½ cups	4 lb	2 qt 3 cups	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Onion, red, fresh, ¼ inch julienne	8 oz	1 ¾ cups	1 lb	3 ½ cups	
Baby arugula, fresh, prewashed, as purchased	6½ oz	1 cup	13 oz	2 cups	
Salt, kosher, coarse	9 grams	1 ⅞ tsp	18 grams	1 Tbsp ¾ tsp	2. In a small bowl, whisk salt, black pepper, lemon juice, and olive oil. This will be the vinaigrette for the salad.
Black pepper, coarse, ground	1 ⅔ grams	½ tsp	2 ⅔ grams	1 tsp	3. Drizzle vinaigrette over salad. 4. Hold for same day service or serve fresh. Critical Control Point: Hold for cold service at 41 °F or below.
Lemon juice, fresh		2 Tbsp		¼ cup	5. Serve ¼ cup using a 2 oz spoodle or a No. 16 scoop portion server.
Olive oil		2 Tbsp		¼ cup	



KACHUMBER SALAD NUTRITION INFORMATION

For ¼ cup serving

NUTRIENTS	AMOUNT
Calories	14
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Total Fat	0.5 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	108 mg
Total Carbohydrate	2 g
Dietary Fiber	0 g
Total Sugars	0.5 g
Added Sugars included	0 g
Protein	0 g
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Vitamin A	158 IU
Vitamin C	1 mg
Vitamin D	N/A
Calcium	11 mg
Iron	0 mg
Potassium	0 mg

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Tomatoes, cherry	2 lb 2 oz	4 lb 4 oz
Cucumbers, fresh	2 ½ lb	5 lb
Onion, Red, Mature	9 oz	2 ⅛ lb
Lemons, fresh	1 each	2 each



SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Wash and chop all vegetables in advance (see specifications in ingredient list).

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Serving Suggestions: Serve as a side dish to Butternut Squash, Tofu, and Veggie Curry with Masala Fried Brown Rice and Quinoa to make a Curryfornia bowl.

Equipment Needed: 13-quart mixing bowl, small bowl, sharp chef's knife, whisk, cutting board, measuring cups and spoons, kitchen scale, and ¼ cup scoop

Recipe Category: Side Dish, Salad

Flavor Profile: Global Cuisine, Mediterranean

Serving Suggestions: Serve with Butternut Squash Curry and Masala Fried Rice

Cooking Process #1: No cook

YIELD/VOLUME

50 Servings	100 Servings
Weight: 4 lb	Weight: 8 lb
Volume: 3 qt	Volume: 1 ½ gal
Yield: 50 ¼-cup servings	Yield: 100 ¼-cup servings
Yield: 50 1.28-oz servings by weight	Yield: 100 1.28-oz servings by weight

