

SALADS, SALAD DRESSINGS, AND RELISHES No.M 072 01
CREAMY CUCUMBER RICE SALAD

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
105 cal	18 g	3 g	2 g	3 mg	260 mg	75 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
RICE, LONG GRAIN	3-3/4 lbs	2 qts 1-3/8 cup	
WATER, COLD	10-1/2 lbs	1 gal 1 qts	
SALT	7/8 oz	1 tbsp	
YOGURT, PLAIN, LOWFAT	6-1/2 lbs	3 qts	
CUCUMBER, FRESH, CHOPPED	12-5/8 oz	3 cup	15 oz
SALAD DRESSING, MAYONNAISE TYPE	10-1/2 oz	1-3/8 cup	
SALT	1 oz	1 tbsp	
DILL WEED, DRIED	1/2 oz	1/4 cup 2/3 tsp	
GARLIC POWDER	1/4 oz	1/3 tsp	
PEPPER, BLACK, GROUND	1/8 oz	1/3 tsp	
CUCUMBER, FRESH, SLICED	2-1/2 lbs	2 qts 1/2 cup	3 lbs
CELERY, FRESH, CHOPPED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
PIMIENTO, CANNED, DRAINED, CHOPPED	1 lbs	2-1/4 cup	
PEPPERS, GREEN, FRESH, CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs
ONIONS, FRESH, CHOPPED	8 oz	1-3/8 cup	8-7/8 oz

Method

- 1 Combine rice, water, and salt; bring to a boil. Stir occasionally. Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
- 2 Remove from heat; transfer to shallow serving pans. Cover, refrigerate for 1 hour.
- 3 Combine yogurt, cucumbers, dressing, dill weed, garlic powder, and black pepper; mix thoroughly. Combine with chilled rice.
- 4 Add celery, pimientos, peppers, and onions. Mix lightly.
- 5 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

Notes

- 1 In Step 5, rice salad may be served on lettuce. Use 4 pounds fresh lettuce, trimmed and cored for 100 portions.