



Cucumber Apple Salad

Source: *Fresh From the Farm: Massachusetts Farm to School Cookbook*

Servings

6

Ingredients

1 Tbsp oil
1/2 Tbsp white vinegar
1 tsp honey
1/2 Tbsp apple juice
1/4 tsp salt
Pinch of black pepper
1 apple, *unpeeled, preferably red apples*

Preparation

1. Combine the dressing ingredients: oil, vinegar, honey, apple juice, salt, and pepper in a bowl. This can be done one day ahead of time. Cover and refrigerate the dressing if done in advance.
2. Wash the apples well, as you will be using the skins. Use an apple sectioner to core and section the apples, or do this by hand. Discard the core and halve the slices.
3. Toss the apples with the lemon juice in a large bowl to prevent them from browning.
4. Add the cucumbers, red pepper, red onion, and dill, if you are using it. Add the dressing, then toss to thoroughly combine. Chill.



1 tsp lemon juice
2 cucumbers, *peeled and sliced into 1/4-inch slices*
3 Tbsp red bell pepper, *diced*
1 1/2 Tbsp red onion, *diced*
Optional: 1 1/2 tsp dill, *chopped*



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Apples



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Apples



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