

Tomato, Cucumber, and Parsley Salad

BY **CHEF VINCENT “VIN” CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

- 19 cucumbers—peel and slice 1-inch wide (about 13 pounds)
- 10½ quarts grape tomatoes, halved (about 15 pounds)
- 2 large red onions, sliced thin (about $\frac{2}{3}$ pound)
- 1¾ cups olive oil
- 5½ cups chopped flat-leaf parsley (5½ bunches or $\frac{3}{4}$ pound)
- 1½ tablespoons kosher salt
- 1½ teaspoons black pepper

YIELD: 100 SERVINGS (K–5) * SERVING SIZE: $\frac{3}{4}$ CUP

Combine the tomatoes, cucumbers, onions, olive oil, and parsley in a large bowl.

Season the salad with the salt and pepper.

Chill before serving.

NUTRITIONAL INFORMATION

CALORIES: 63; SODIUM: 109.39 MG; SATURATED FAT: 7.65%

USDA REQUIREMENTS MET

$\frac{3}{4}$ CUP TOTAL VEGETABLE

($\frac{3}{8}$ CUP RED OR ORANGE VEGETABLE, $\frac{1}{3}$ CUP OTHER VEGETABLE)