

## EAST EUROPEAN CUCUMBER SALAD



This European salad recipe is so easy to follow. Children love to chop and prepare salad vegetables, turning them into a beautiful, colourful dish.

This is the perfect side dish for grilled meat.



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; chop using the bridge/claw technique safely; whisk, snip herbs safely.

**Equipment:** Chopping board, knife, large bowl, small bowl, measuring cups and spoons, fork/whisk, garlic crusher, scissors.

**Allergens\*:** Milk | May contain sulphites

### Ingredients (serves 4):

- 1 Cucumber, sliced
- 1 White onion, sliced
- 2 Garlic cloves, minced
- 4 tbsp Natural yoghurt
- 2 tbsp Vinegar
- 2 tbsp Sunflower oil
- 1/2 cup fresh dill, snipped

### Method

1. In a large bowl, place the sliced cucumber and onion.
2. Place the garlic, yoghurt, vinegar, oil and pepper in a small bowl and mix with a fork or whisk.
3. Pour the dressing on top of the vegetables.
4. Fold in the snipped dill. Enjoy!

\*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.

## East European Cucumber Salad Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about cucumber salad ...

**Vegetables** are so good for us!

Low in fat, sugar and salt and high in vitamins and minerals.

**Salad dressing** can be high in fat because oil is usually the main ingredient. Using unsaturated oil, such as olive or rapeseed oil, is a healthier choice but still only use small amounts.



### Energy, sugar, fat and salt per serving

Per 254g serving

**ENERGY**  
529kJ / 127kcal **6%**

**MED** **FAT**  
7.8g **11%**

**LOW** **SATURATES**  
1.1g **6%**

**LOW** **SUGARS**  
7.5g **8%**

**LOW** **SALT**  
0.09g **2%**

% of an adult's reference intake

Typical values per 100g : Energy 209kJ /50kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.