

# Sunumono

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

“A classic, refreshing Japanese salad with cucumbers and a sweet and acidic dressing.”

**YIELD**

**50 Servings**

**100 Servings**

**Skill Level: Intermediate**

Ingredients	Weight	Measure	Weight	Measure
Cucumbers, whole	9 lbs. 12 oz.		19 lbs. 8 oz.	
Salt		1/3 cup		2/3 cups
Sugar, granulated		1/3 cup		2/3 cup
White vinegar		3/4 cup		1 1/2 cups
Soy sauce, low sodium		1/4 cup		1/3 cup
Ginger, ground		1 1/2 Tbsp.		3 Tbsp.

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

## Preparation

1. In a large bowl combine salt, sugar, vinegar, soy sauce and ginger. Mix well.
2. Slice cucumbers very thin (almost transparent). Using a Manhart can make slicing cucumbers more efficient.
3. Place cucumbers in the bowl with vinegar mixture and toss so that cucumbers are completely coated. Refrigerate for at least 1 hour before serving. Can be made the day before.

HACCP Critical Control Point: Hold cold food at a temperature of 41 ° or below at all times.

## Serving Information

1/2 cup Sunomono salad provides 1/2 cup other vegetables

\*Optional: Add 6lbs 1 oz. tofu, cubed to add 1 meat alternate. Increase the serving size to 3/4 cup.

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 15 Total Fat: 0g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 3.6g Fiber: 0.3g Total Sugars: 2.3g Protein: 0.5g Sodium: 742mg Vitamin A: 3µg  
Vitamin C: 1.5mg Calcium: 10mg Iron: 0.2mg Folate: 4µg

