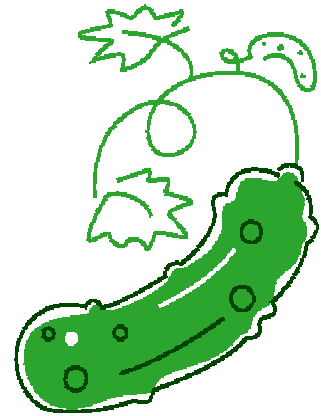


June 2012

June is National Dairy Month - let's celebrate with a cool and creamy cucumber salad at your next get-together!

Cucumbers are available year-round and make a wonderful side dish to many main course items. This is especially good with all types of pork or chicken dishes and of course Bar-B-Que meats of any kind.

This is one of those great dishes that can be made up in the morning and left to chill for your picnics and parties..... Give it a try and ENJOY!



Creamed Cucumber Salad:

6-8 servings

2-3 large firm cucumbers
1 med. white onion (about 3" diameter)
1 Tbsp. white table salt
1/3 C. cool water

2 Tbsp. Cider vinegar
Fresh ground pepper to taste
2-3 Tbsp. dairy sour cream

- Peel cucumbers and onion and slice VERY thin (I use a mandolin slicer for uniform slices and a real time saver) - into a large mixing bowl.
- Sprinkle with salt and 1/3 C. water; stir and let stand for 1 hr.
- Drain off water and squeeze out as much liquid as possible (I place the slices in a clean dish towel; gather up the corners, then twist and squeeze the water out). Discard the excess liquid.
- Place cucumbers and onion slices in a salad/serving bowl; add vinegar, pepper, and sour cream. Mix well and chill; stir again before serving.

Note: cucumbers have a lot of natural water, removing it before adding your dressing ingredients helps to keep the salad from getting too 'soupy'.