

# Cucumber Salad

*This recipe makes about 24 cups*



## Ingredients

**16** cucumbers  
**2-3** onions diced  
**3 cups** vinegar (white or apple cider )  
**1 ½ cups** water  
**1 ½ cups** sugar  
**3 tsp** salt

## Directions:

1. Slice cucumbers in thin slices (I used a food processor slicer)
2. Slice and separate or dice the onions (your preference for texture)
3. Add cucumbers and onions to a large bowl and mix. Set aside
4. Mix the vinegar, water, sugar and salt together and add to the cucumber and onion mixture
5. Try to submerge all of the cucumbers and onions in the liquid mixture
6. Refrigerate for at least 20 minutes. (Can refrigerate overnight for more flavor)
7. Line trays with silicone
8. Strain the majority of the liquid from the salad
9. Add to the trays
10. Pre-freeze
11. Freeze dry (my cycle time was 32 hours)

## Rehydration:

Eat freeze dried as a snack, or rehydrate. To rehydrate, add ½ cup of salad to a bowl and add ¼ cup of water in small increments. Let sit for a few minutes and add more water as needed to reach desired consistency.

## Nutritional Value Per 1 cup

Calories: 83 Protein: 1 g Fat: 0.5 g Carbohydrates: 18 g Sugar: 15 g Fiber: 1 g