

Cucumber Salad Cylinders with Basil Infused Olive Oil



Makes:

6 servings

Utensil:

Saladmaster Food Processor

small mixing bowl

medium mixing bowl

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Recipe:

Contributed By:

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Recipe Description:

A fresh, beautiful and delicious vegan recipe!

Basil Infused Olive Oil

¼ cup

olive oil

(60

mL)

1 teaspoon

crushed garlic

(5

mL)

¼ teaspoon

sea salt

(1.25

mL)

2 tablespoons

fresh basil, chopped fine

(30

mL)

1 tablespoon

cilantro, chopped fine

(15

mL)

⅛ teaspoon

red pepper flakes

(.6

mL)

Cucumber Salad Cylinder

2

cucumbers 1

green apple, diced or strung, use Cone 1

#2 1

tablespoon lemon juice (15 mL)	4	
cup cucumber, strung, use Cone #2	(133 g)	1 $\frac{1}{4}$
strawberries, sliced, use Cone #4	$\frac{1}{4}$	
avocado, peeled, seeded, cut into slivers		
cup onion, shredded, use Cone #1	(40 g)	
cup dried cranberries (30 g)		

Directions: In a small bowl, mix all ingredients together and set aside.

Cucumber Salad Cylinder

1. Take the cucumbers and using a knife slice a couple good elongated slices out of the middle. Save the rest of the cucumber for the filling.
2. Take each elongated slice and curve the cucumber together and attach the two ends together with a decorative pick. Or, you can make an angle cut at each end of the cucumber and then hook them together.
3. In a medium bowl, take the diced apples and toss them with the lemon juice and mix well. This will keep them from turning brown.
4. Add shredded cucumbers and strawberries to the apple mixture. Gently mix in all the additional ingredients and gently place in the cucumber cylinder. Drizzle infused olive oil over the top of each cucumber salad cylinder.

Tips:

- Add chopped nuts for a crunchy addition.

Nutritional Information per

Serving
Basil Infused Olive Oil
Calories: 84
Total Fat: 9g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 58mg
Total 1g
Carbs:
Dietary Fiber: 1g
Sugar: 0g
Protein: 0g

Cucumber Salad Cylinder

Calories: 166
Fat: 5g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 6mg
Carbohydrate: 30g
Fiber: 5g
Sugar: 5g
Protein: 2g