

Cucumber Ranch Salad

Courtesy of Carole's Creations

Prep Time: 3 hours

Standing Time: 2 hours or overnight

Serves: 6

CChints: This is a chilled side salad. You can use regular garden cucumbers or the English version without the seeds.



3 cucumbers

2 tablespoons salt

1/4 cup Ranch or Reduced Fat Ranch Dressing

In order for this recipe to work right, you need to get as much liquid out of the cucumbers as possible. Salt will help you extract moisture from the cucumbers.

Propping up a cookie sheet is the trick. Get out a large cookie sheet that does not have raised sides or turn your cookie sheet over. Let one end rest on the edge of the kitchen sink so the edge is inside the sink area. The other end will need to be propped up so that the liquid from the cucumbers will flow down the cookie sheet and drip into your sink. You need to use something that is at least 3 inches high, like a coffee cup under each corner. Don't make it too high or the cucumbers will slide into your sink.

Sprinkle 1 tablespoon of salt evenly over the cookie sheet. Clean the cucumbers and peel them if you prefer with a vegetable peeler. Slice each one into 1/4 -1/3 inch slices.

Starting at the high end of the cookie sheet; lay each slice flat on the cookie sheet as close together as possible. Do this until all slices are on the cookie sheet. You may have to overlap some pieces to make them all fit. Sprinkle the cucumbers with the other tablespoon of salt.

As the salt starts to work, you will see moisture coming from the cucumbers. It will soon start to drip down the sheet and into the sink. Let the cucumbers stay there 2-1/2 hours.

Take a few cucumbers off the sheet and lay them on paper towels. Blot dry by laying another paper towel on top. Transfer those cucumbers to a mixing bowl. Do this same process with the remainder of the cucumbers. Fold in the Ranch dressing to coat all the pieces. Transfer the cucumber salad to a 4-1/2 cup container and put the lid on it. Refrigerate at least 2 hours or overnight before serving. The longer they are allowed to rest the better they will be.

Enjoy!