



Mustard Cucumber (Celery) Sauce

SERVINGS: 1/4 CUP

EST. COST: \$0.35

COST PER SERVING: \$0.35

Ingredients

- 4 tbsp dijon mustard (e.g. dijon, brown, creole)
- 1 tbsp shallots, minced
- 2 tbsp dill, fresh, chopped
- 2 tsp vinegar (white wine)
- 1 cucumber, diced
- To taste, salt and pepper

Directions

1. In a small bowl, mix the ingredients for the sauce.
2. Place in refrigerator until ready to use.
3. Add as a condiment to your favorite burgers or summer entrees. Enjoy!

Equipment

small mixing bowl, fork/spoon, container with lid



Mustard Cucumber Sauce

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Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	10	
		% Daily Value*
Total Fat	0 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	132.5 mg	6 %
Total Carbohydrate	1 g	0 %
Dietary Fiber	0.3 g	1 %
Total Sugars	0.2 g	
Added Sugars	0 g	0 %
Protein	0.2 g	
Vitamin D	0 mcg	0 %
Calcium	5.2 mg	0 %
Iron	0.1 mg	1 %
Potassium	27.6 mg	1 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

Health Benefits

Cucumber replacement - celery as an alternative due to the June CDC cucumber recall.

Mustard provides anti-inflammatory+ hydration properties, helping with muscle spasms and recovery.

Ground Mustard
Mustard Seed
Mustard Powder
Mustard Condiment

Added texture and enhance umami flavors.

References:

- Recipe modified by LA Dixon, 2023, created by Dr. Eleonora Gafton, 2019