

2023
EDITION

FAMILY-FRIENDLY CUCUMBER RECIPES

eBOOK

pure
flavor®

Live Deliciously®

COOL
AS CUCUMBERS.COM

If you're searching for delicious family-friendly meals & snacks to support a healthy lifestyle, look no further! Try out these flavorful recipes with greenhouse grown cucumbers!

WHAT'S INSIDE

Pure Flavor® greenhouse grown cucumbers support a healthy lifestyle. They can enhance your family-friendly meals & snacks by making them even more delicious and nutritious.

Freshness: Picked at the peak of their freshness and flavor, they add a fresh taste and texture.

Nutritional value: Grown in a controlled environment, they are also rich in vitamins and minerals, which can help support your overall health and well-being.

Versatility: Available all year, so you can make healthy meals no matter the season. Can be used in a variety of recipes, from sweet to savory.

Flavor combinations: Because they come in a variety of sizes, textures, and flavors, you can experiment with different flavor combinations to create unique and delicious meals.

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Cucumber Mango Smoothie Bowl

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Engage the conversation, no matter where you are:



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THE NEXT GENERATION OF FRUIT & VEGETABLE GROWERS

At Pure Flavor®, we're forging a new, green way forward that puts sustainability first by efficiently growing millions of healthy, flavorful fruits & vegetables. You deserve to feel good about the choices you make at your local grocery store. We're working hard to make that choice an easy one 365 days a year.

LIFE IS BETTER WHEN YOU *Live Deliciously®*





RECIPE | CUCUMBERS

GREEK NACHOS



25 min

20 min
PREP.

5 min
COOKING



4



easy

INGREDIENTS

1 lb Pure Flavor® Mini Cucumbers, diced
1 cup Pure Flavor® Juno® Bites Red Grape Tomatoes
4-5 pita breads, sliced and toasted
½ cup diced Kalamata olives
1 15 oz can navy beans
1 tbsp olive oil
¼ tbsp Kosher salt, plus more for sprinkling
pinch black pepper

FOR THE CREAMY CILANTRO SAUCE:

1 cup Greek Yogurt
1 pinch dried oregano
¼ cup cilantro, chopped
½ tbsp a lemon, juiced
Salt and pepper, to taste



DIRECTIONS

- 1 Dice the cucumber and quarter the tomatoes; season both lightly with Kosher salt. Chop the olives roughly. Drain and rinse the beans. In a small bowl, mix the beans with the olive oil, Kosher salt and fresh ground black pepper.
- 2 To make the creamy cilantro sauce, combine 1 cup Greek yogurt, and 1 pinch dried oregano to a bowl. Juice half a lemon and season with salt and pepper.
- 3 To serve, place the pita chips on a plate. Top with veggies and drizzle with creamy cilantro sauce, add additional olive oil, if desired. Serve immediately.



RECIPE | CUCUMBERS

CUCUMBER MANGO SMOOTHIE BOWL

20 min

20 min
PREP.
0 min
COOKING

4

easy

INGREDIENTS

Recipe created by Hanan Ghabban

1lb bag Pure Flavor® Mini Cucumbers, diced (reserve 2 whole for garnish)
3 cups frozen mango
¾ cup full fat plain Greek yogurt
½ – ¾ cup unsweetened vanilla almond milk
2 bananas, sliced & frozen
1 avocado, diced
1 tsp honey

½ tsp flax seeds
½ tsp chia seeds
Pomegranate arils, mango, coconut, avocado, chia, flax, for garnish



DIRECTIONS

- 1 Add cucumbers, mango, yogurt, bananas, avocado, honey, flax seeds, and chia seeds to a blender. Pulse until combined. Slowly add in almond milk and continue pulsing until desired consistency. Start with ½ cup and add additional ½ cup if needed.
- 2 Spoon into bowls and garnish with your toppings as desired.



RECIPE | CUCUMBERS

CUCUMBER & FRESH FRUIT MEDLEY



15 min

15 min
PREP.



2



easy

INGREDIENTS

Recipe created by Tanya Anurag

1 lb Pure Flavor® Mini Cucumbers
1 peach, sliced in half
½ grapefruit, peeled and sliced into cubes
½ apple, sliced into cubes
1 cup black beans, drained and rinsed
2 tbsp honey
2 tbsp roasted walnuts, chopped
2 tbsp raisins
1 tbsp lemon juice
1 tsp black pepper
Salt to taste



DIRECTIONS

- 1 Cut one half of the peach into cubes and slice the remaining.
- 2 Slice half of the cucumbers into rounds and dice the remaining.
- 3 Mix honey, lemon juice, salt, and pepper in a large salad bowl.
- 4 Add all remaining ingredients to bowl and toss with dressing.
- 5 Transfer to a serving dish and arrange with sliced peaches and cucumbers to serve.



RECIPE | CUCUMBERS

CUCUMBER MANGO SUMMER ROLLS



30 min

30 min
PREP.



6



easy

INGREDIENTS

Recipe created by *Hanan Ghadban*

For the summer rolls:

1 lb Pure Flavor® Mini Cucumbers, sliced thin
6 rice wraps
2 avocados, sliced thin
2 carrots, sliced thin
1 large mango, sliced thin
7 oz vermicelli rice noodles, cooked
12 fresh basil leaves, divided
12 fresh cilantro leaves, divided
Sesame seeds for garnish

For the dipping sauce:

¾ cup smooth peanut butter
¼ cup rice vinegar
¼ cup soy sauce
3 tbsp honey
1 tsp Italian seasoning
1 clove garlic, crushed
½ tsp ground ginger
¼ tsp red chili flakes
¼ cup water



DIRECTIONS

- 1 Mix all dipping sauce ingredients together in a bowl. Set aside.
- 2 Fill a deep dish with warm water. Soak rice wrap in warm water for a few seconds until pliable, making sure to work with only one rice wrap at a time.
- 3 Place softened wrap on a glass plate. On each wrap, place 2 basil leaves and 2 cilantro leaves face down. Place 4 cucumber slices over herbs, followed by mango, avocado, carrots, and finish with rice noodles.
- 4 Fold end of wraps over the filling and gently roll up to seal.
- 5 Arrange rolls on a platter seam side down. Garnish with sesame seeds. Serve with dipping sauce.



RECIPE | CUCUMBERS

AIR FRYER CUCUMBER CHIPS



60 min

20 min
PREP.

40 min
COOKING



4



easy



INGREDIENTS

- 1 Pure Flavor® Long English Cucumber, sliced ¼ inch thick
- 1 **cup** Italian breadcrumbs
- 2 eggs
- ¼ **cup** flour
- Olive oil spray
- Salt and pepper to taste



DIRECTIONS

- 1 Preheat air fryer to 350°F.
- 2 In a medium bowl combine breadcrumbs, salt, and pepper. Set aside
- 3 In a small bowl whisk your eggs. Set aside.
- 4 In a third bowl pour in your flour. Set aside.
- 5 Dredge each slice in the flour, then the egg and then coat with the breadcrumbs.
- 6 Spray the air fryer basket with olive oil and lay coated cucumber pieces inside.
- 7 Cook for 10 minutes flipping them over halfway thru. Remove when crispy.
- 8 Repeat steps 5-7 for the remaining 3 batches. (approx. 48 chips in total)

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RECIPE | CUCUMBERS

PICKLED CUCUMBER ACHAAR



12 min

10 min
PREP.

2 min
COOKING



4

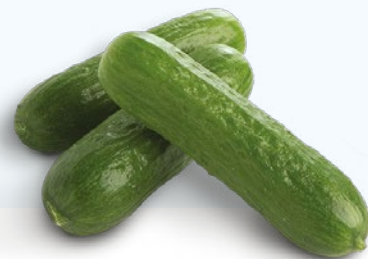


easy

INGREDIENTS

Recipe created by *Tanya Anurag*

- | | |
|--|----------------------------------|
| 1 dry pint Pure Flavor® Uno Bites™ Nano Cucumbers, sliced | ¼ tsp salt |
| 1 cup plain yogurt | Mint, for garnish |
| 1 tbsp lemon juice | Sesame seeds, for garnish |
| 1 tbsp olive oil | Pita Chips, optional for serving |
| ½ tsp sesame seeds, dry roasted | |
| ¼ tsp turmeric powder | |
| ¼ tsp red chili powder | |
| ¼ tsp fenugreek seeds | |



DIRECTIONS

- 1 Set aside ¼ cup of sliced cucumbers.
- 2 In a bowl, whisk plain yogurt with salt, turmeric, red chili powder, sesame seeds, lemon juice, and cucumbers.
- 3 Heat olive oil in a small pan over medium heat and fry fenugreek seeds until they crackle.
- 4 Add fried seeds and oil to the yogurt cucumber mixture.
- 5 Garnish with cucumber slices, sesame seeds, and mint. Serve with pita chips.

Pro Tip: For optimal flavor, let this dish set in the fridge for an hour before serving.



RECIPE | CUCUMBERS

GARLIC ROSEMARY DIP



10 min

10 min
PREP.

N/A
COOKING



4



easy



INGREDIENTS

Recipe created by *Laura Ashley Johnson*

1 dry pint Pure Flavor® Uno Bites™ Nano Cucumbers
14 oz can cannellini beans, drained & rinsed
¼ cup olive oil
3 garlic cloves
1 tbsp lemon juice
1 tbsp fresh rosemary
½ tsp salt

½ tsp white pepper
Everything Bagel Seasoning, garnish
Olive oil, garnish
Paprika, garnish



DIRECTIONS

- 1 In a blender or food processor, add garlic, lemon juice, rosemary, beans, salt, and pepper. Blend on medium speed until smooth. Add olive oil and blend until smooth and free of lumps. Transfer to a serving dish, garnish and serve with cucumbers.



RECIPE | CUCUMBERS

CUCUMBER LEMON BANANA CAKE



1 hr

15 min
PREP

45 min
COOKING



8

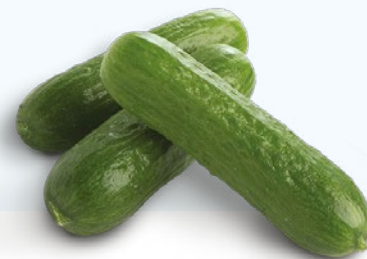


medium

INGREDIENTS

Recipe created by *Megan Hutson*

- | | |
|---|---------------------------------------|
| 1 dry pint Pure Flavor® Uno Bites™ Nano Cucumbers, divided | 2 tsp vanilla extract, divided |
| 3 bananas, overripe | 1 tsp baking powder |
| 2 eggs | 1 tsp baking soda |
| 1 can coconut cream, chilled | ½ tsp sea salt |
| 2 cups whole-grain oats | ½ tsp lemon extract |
| 1 cup pitted Medjool dates, divided | Lemon zest, for garnish |
| ¼ cup unsweetened vanilla almond milk | Cucumber zest, for garnish |
| 2 tbsp date syrup | |
| 2 tsp avocado oil spray | |



DIRECTIONS

- 1 Preheat oven to 350°F and prepare two 6-inch cake pans with avocado oil spray. Place dates into a bowl & cover with hot water.
- 2 Add oats, baking powder, baking soda, & salt into a blender. Blend on high for 30 seconds, then transfer to a large bowl.
- 3 Blend bananas, eggs, half of the cucumbers, ¾ cup of softened dates, 1 tablespoon of vanilla & the lemon extract on high for 1 minute until combined.
- 4 Combine the banana mixture with the dry items & mix well. Divide the batter equally between the two prepared pans & bake for 45 minutes.
- 5 To make the icing, combine the remaining dates, vanilla extract, & coconut cream in a blender for 30 seconds until smooth.
- 6 Thinly slice the remaining cucumbers. Mix them with date syrup and refrigerate.
- 7 Once cakes are fully cooled, apply icing and garnish with cucumber & lemon zests.
- 8 To serve, slice the cake and plate with candied cucumbers!

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RECIPE | CUCUMBERS

CUCUMBER & HUMMUS OPEN SANDWICH



15 min
PREP.



4



easy

45 min

30 min
COOKING

INGREDIENTS

Recipe created by *Tanya Anurag*

FOR THE SANDWICHES:

1 dry pint Pure Flavor® Uno Bites™
Nano Cucumbers, sliced
1 package rice cakes
Chia seeds, for garnish
Sesame seeds, for garnish
Parsley, for garnish

FOR THE HUMMUS:

2 cans chickpeas, drained
2 small beets
3-4 garlic cloves, minced
2 **tbsp** tahini
2 + 1 **tbsp** olive oil
1 **tbsp** lemon juice
1 **tsp** lemon zest
½ **tsp** black pepper powder
Salt, to taste



DIRECTIONS

- 1 Peel and dice the beets into 1-inch cubes. Drizzle them with olive oil and wrap in foil. Bake or air-fry at 350° F for 30 minutes. Remove from oven and let them cool.
- 2 In a food processor, add the beets and blend until they become small pieces. Add chickpeas, garlic, tahini, lemon juice, lemon zest, olive oil, salt and pepper. Run the food processor until everything is mixed well. Taste test and adjust lemon, salt and pepper if needed.
- 3 For each rice cake top with 2 tbsp of hummus and spread evenly. Top with cucumbers, a drizzle of olive oil, sesame seeds, chia seeds and parsley. Serve immediately.



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