

INGREDIENTS

3 Pure Flavor® Long English Cucumbers

3 cups oranges, chopped

1 avocado, diced

2 tbsp lime juice

2 tbsp shallots, diced

2 tbsp olive oil

Salt and pepper to taste

Pro Tip: Use a combination of Satsuma, navel oranges, Cara Cara oranges, and grapefruit.



DIRECTIONS

- 1 Slice cucumbers in half lengthwise.
- 2 Scoop out the middle and reserve.
- In a medium bowl add avocado, lime juice, olive oil, shallots and reserved cucumber insides.
- Chop all citrus fruit, removing peels and add to the bowl.
- 5 Allow mixture to sit for 15 minutes.

- 6 Add mixture insides the cucumber halves. Salt and pepper to taste.
- Present them as a long boat or cut them into smaller bites for serving.











