

2023
EDITION

CUCUMBER POWER BOWL RECIPES

eBOOK

pure
flavor®

Live Deliciously®

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AS **CUCUMBERS.COM**

If you're searching for nutrient-dense power bowl meals, look no further! Try these flavorful recipes with greenhouse grown cucumbers!

WHAT'S INSIDE

Pure Flavor® greenhouse grown cucumbers are great to support a healthy lifestyle. For additional nutrition and hydration, they taste delicious in power bowl meals!

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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Spicy Shrimp & Cucumber Noodle 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

SUMMER ROLL IN A BOWL



5 min
PREP.



15 min

10 min
COOKING

4

easy

INGREDIENTS

Recipe created by Laurel Perry

For the bowls:

1 lb Pure Flavor® Mini Cucumbers,
sliced and halved
12 oz rice noodles
¼ cup fresh cilantro
¼ cup fresh basil
¼ cup fresh mint

For the ginger dressing:

1 clove garlic, minced
3 tbsp unseasoned rice vinegar
3 tbsp avocado oil
2 tbsp maple syrup
½ tbsp soy sauce
1 tsp grated ginger

For the peanut sauce:

¼ cup orange juice
¼ cup peanut butter
1 clove garlic, minced
2 tbsp unseasoned rice vinegar
1 tbsp soy sauce
1 tbsp maple syrup
Sriracha to taste, optional



DIRECTIONS

- 1 Place rice noodles in a large bowl and cover with boiling water for 1-5 minutes until they are soft. Drain and rinse with cold water. Set aside in the same large bowl.
- 2 In a small bowl, whisk together the ingredients for the ginger dressing. Pour over the noodles and toss.
- 3 In another small bowl, whisk together the ingredients for the peanut sauce.
- 4 Divide the noodles between four bowls. Tops with cucumbers, herbs and drizzle with peanut sauce.



RECIPE | CUCUMBERS

COCONUT CUCUMBER BOWLS



45 min

20 min
PREP.



6



easy

INGREDIENTS

1 lb Pure Flavor® Mini Cucumbers, sliced
1¼ cup light coconut milk, divided
3 tbsp finely chopped lemongrass
2 tbsp ground fresh chile paste
3¾ pounds skinless, chicken breasts
¾ cup unsalted chicken stock
6 garlic cloves, crushed
2 large onions, quartered
2 large carrots, cut into 4 pieces
1 (2-inch) piece peeled fresh ginger, thinly sliced

2 tbsp low-sodium soy sauce
5 tsp fish sauce
1 tbsp olive oil
1 tbsp fresh lime juice
½ tsp granulated sugar
8 oz uncooked wide brown rice noodles
½ cup loosely packed fresh cilantro leaves
½ cup sliced green onions
¼ cup chopped unsalted peanuts
¼ cup loosely packed purple cabbage, shredded



DIRECTIONS

- 1 Preheat oven to 400° F. Toss peppers, onion and garlic with 1 tablespoon of olive oil. Spread evenly on a baking sheet, sprinkle with salt and roast until the onion is soft and translucent, about 20-25 minutes.
- 2 Place stock, garlic, onions, carrots, and ginger in a large pot. Remove chicken from marinade; discard marinade. Arrange chicken on top of onion mixture. Cover and cook on low for 20 minutes. Remove chicken from pot and shred chicken into bite-size pieces.
- 3 Combine strained stock, soy sauce, fish sauce, lime juice, sugar, and remaining 1/2 cup of coconut milk in a small saucepan over medium-high heat. Bring to a boil, stirring until combined. Remove from heat.
- 4 Prepare noodles according to package directions. Divide noodles evenly among 6 bowls. Top with chicken, cucumber slices, cilantro, peanuts, shredded cabbage and green onions.



RECIPE | CUCUMBERS

TUNA BOWL



45 min

15 min
PREP.

30 min
COOKING



2



easy



INGREDIENTS

1 lb Pure Flavor® Mini Cucumbers, sliced
12 oz tuna, cubed
2 cups brown rice
2 green onions, sliced
1 avocado, sliced
1 jalapeno, sliced
½ cup shelled edamame
2 tbsp lemon juice

1 tbsp soy sauce
1 tsp sesame seeds
½ tsp sesame oil
Zest of **1** lime
1 pinch of cayenne



DIRECTIONS

- 1 In a medium bowl add yuzu juice, soy sauce, sesame oil and cayenne. Whisk together until combined. Add tuna, toss to combine and set aside.
- 2 Bring a medium pot of 6 cups of water to boil. Add rice and reduce temperature. Boil uncovered for 30 minutes. Let the rice rest for 10 minutes.
- 3 In a serving bowl add warm rice, tuna mixture, cucumber, edamame, avocado, green onions and jalapeno.
- 4 Sprinkle sesame seeds and lime zest.



RECIPE | CUCUMBERS

SALMON SUSHI BOWL



30 min

10 min
PREP.

20 min
COOKING



4



easy

INGREDIENTS

Recipe created by Heather Englund

1 lb Pure Flavor® Mini Cucumbers, sliced
4 salmon fillets
3 cups brown jasmine rice, cooked
1 cup carrots, shredded
¼ cup mayonnaise
1 avocado, sliced
2 green onions, minced

2 tbsp coconut aminos
½ - 1 tbsp sriracha
½ tbsp avocado oil
½ tsp garlic powder
½ tsp sea salt
1-2 sheets of nori, shredded



DIRECTIONS

- 1 Preheat oven to 450° F. Place the salmon on a parchment lined baking sheet leaving space between fillets. Brush fillets with oil and drizzle with coconut aminos, then season with salt and garlic. Bake for 12-14 minutes or until the salmon is just cooked through.
- 2 Mix the mayo and sriracha together in a small bowl. Add 1-2 tablespoons of water to thin it out to your desired consistency.
- 3 Divide the rice into 4 bowls. Top with cucumber, carrots, onion, avocado, nori, and salmon. Drizzle with sriracha mayo and serve.



RECIPE | CUCUMBERS

SPICY SHRIMP AND CUCUMBER NOODLE BOWL



25 min

15 min
PREP.

10 min
COOKING



4



easy

INGREDIENTS

Recipe created by *Elizabeth Jordan-Flight*

1 lb Pure Flavor® Poco Bites® Cocktail Cucumbers, sliced
1 lb raw shrimp, peeled and deveined
8 oz vermicelli rice noodles, cooked according to package instructions
1/3 cup lime juice
2 cloves garlic, crushed
3 tbsp sugar
2 tbsp olive oil
2 tbsp fish sauce

2 tbsp rice vinegar
2 tsp chili garlic sauce
1/2 tsp ginger, grated
1/4 tsp toasted sesame oil
Thai basil, for garnish
Mint, for garnish
Cilantro, for garnish



DIRECTIONS

- 1 In a small mixing bowl whisk together lime juice, fish sauce, vinegar, sugar, chili garlic sauce, garlic, ginger, and sesame oil.
- 2 In a separate bowl combine shrimp and 4 tbsp of the sauce and marinate for about 10 minutes.
- 3 Heat oil over high heat and sear shrimp for 1-2 min per side. Remove to plate and set aside.
- 4 Divide the noodles between 4 wide bowls. Top with cucumber slices, cooked shrimp, and add desired additional toppings.
- 5 Drizzle with the remaining sauce and garnish with as many fresh herbs as you like. Enjoy!

Pro Tip: Add optional toppings such as shredded lettuce, bean sprouts, matchstick carrots, and crushed peanuts.



RECIPE | CUCUMBERS

GREEK CHICKEN MEATBALL BOWL



10 min
PREP.



6



easy

25 min

15 min
COOKING

INGREDIENTS

Recipe created by Heather England

For the bowl:

1 dry pint Pure Flavor® Uno Bites™ Nano Cucumbers, divided and diced
1 cup Pure Flavor® Juno® Bites Red Grape Tomatoes, halved
1 cup Pure Flavor® Bumbles® Yellow Grape Tomatoes, halved
4 cups brown rice, cooked
¼ cup red onion, thinly sliced
Fresh mint and parsley, for garnish

For the meatballs:

2 lb ground chicken
4 garlic cloves, minced
¼ cup red onion, finely diced
2 tbsp fresh parsley, chopped
2 tbsp fresh mint, chopped
1 ½ tsp sea salt
1 tsp dried oregano
1 tsp dried dill
½ tsp chili powder
¼ tsp pepper

For the tzatziki:

2 ¾ cup Pure Flavor® Uno Bites™ Nano Cucumbers, diced
1 cup plain Greek yogurt
¼ cup fresh mint
1 garlic clove, minced
2 tsp lemon juice
1 ⅛ tsp sea salt
1 ⅛ tsp pepper



DIRECTIONS

- 1 Preheat oven to 400°F and line a baking sheet with parchment paper.
- 2 In a large bowl, add all the meatball ingredients and mix well.
- 3 Using a spoon, scoop out about two tablespoons of mixture, form into meatballs, and place on baking sheet evenly spaced apart.
- 4 Place meatballs in the oven and bake for 15 minutes, or until fully cooked through.
- 5 While meatballs cook, add all the tzatziki ingredients into a food processor and pulse 4-5 times until the cucumber is minced and the sauce is smooth.
- 6 To serve bowls, add rice, 3-4 meatballs, vegetables, and tzatziki sauce. Garnish with mint, parsley, and serve.

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RECIPE | CUCUMBERS

TZATZIKI SHRIMP BOWL



25 min

10 min
PREP.

15 min
COOKING



4



easy

INGREDIENTS

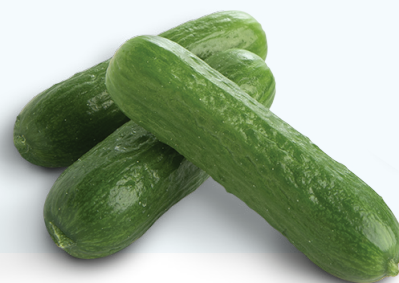
Recipe created by Lynn Polito

For the tzatziki:

- 1 dry pint** Pure Flavor® Uno Bites™ Nano Cucumbers
- 2 cloves** garlic, minced
- 1 lemon**, juiced
- 1 cup** plain Greek yogurt
- 1 tbsp** fresh dill
- 1 tbsp** olive oil
- 1 tsp** salt

For the bowls:

- 1 dry pint** Pure Flavor® Uno Bites™ Nano Cucumbers, sliced
- 1 dry pint** Pure Flavor® Juno® Bites Red Grape Tomatoes, sliced in half
- 1 lb** shrimp, peeled & deveined
- 2 cups** quinoa, cooked
- 2 cups** mixed greens
- 1 cup** feta, crumbled
- 1 cup** Kalamata olives, sliced in half
- 1 tbsp** olive oil
- 1 tbsp** Italian seasoning
- Fresh dill, optional for garnish



DIRECTIONS

- 1 Preheat the oven to 375°degrees.
- 2 To make the tzatziki, place cucumbers in a food processor. Pulse until shredded. Place shredded cucumbers onto a clean kitchen towel, drain any excess liquid and add to a mixing bowl. Then add the remaining tzatziki ingredients and place in the fridge to cool.
- 3 In a small bowl, mix shrimp, olive oil, and Italian seasoning. Pour the shrimp onto a sheet pan and bake for 15 minutes.
- 4 To serve, divide mixed greens, quinoa, shrimp, feta cheese, cucumbers & olives into bowls. Top with tzatziki and garnish with fresh dill if desired.

Pro Tip: For optimal flavor, leave tzatziki in the fridge for an hour to allow flavors to combine.



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