

2023
EDITION

CUCUMBER SALAD RECIPES eBOOK

pure
flavor®

Live Deliciously®

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AS **CUCUMBERS.COM**

If you're searching for easy and refreshing salads, 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. They are perfect for salads, 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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Pure Green Goddess Salad

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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

SUNSHINE PASTA SALAD



15 min
PREP.



4 - 6



easy

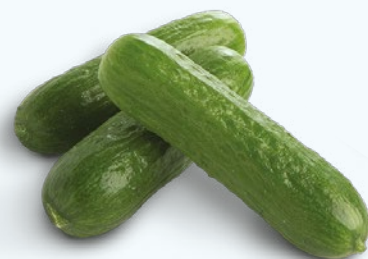
15 min

N/A
COOKING

INGREDIENTS

Recipe created by Amber Bogardus

1 dry pint Pure Flavor® Uno Bites™ Nano Cucumbers, sliced
6 oz penne pasta, cooked
½ cup canned sweet corn, drained
2 tbsp mayonnaise
2 tbsp feta cheese, divided
1 tbsp olive oil, extra virgin
1 tbsp Dijon mustard
2 tsp lemon juice
1 tsp crushed red pepper
Salt and pepper, to taste
Fresh parsley, for garnish
Crushed red pepper, for garnish



DIRECTIONS

- 1 Combine the mayo, Dijon mustard, lemon juice, 1 tbsp of feta, and crushed red pepper in the base of your serving bowl. Whisk and slowly pour in the olive oil, continuously whisking to create a silky lemon dressing.
- 2 Season the dressing to taste with salt and pepper.
- 3 Add the sliced cucumbers and sweet corn to the dressing bowl and mix until fully coated.
- 4 Add the cooked pasta and mix all to combine.
- 5 To serve, garnish the pasta salad with the remaining crumbled feta, fresh chopped parsley, and additional crushed red pepper if desired.

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RECIPE | CUCUMBERS

CUCUMBER & YOGURT SALAD

10 min
PREP.
N/A
COOKING



8



easy

INGREDIENTS

Recipe created by Eaman Almalky

- 2 dry pints** Pure Flavor® Uno Bites™ Nano Cucumbers, cut into bite-sized pieces
- 3 cups** plain yogurt
- 3 tbsp** dry mint
- 1** garlic clove, minced
- ¼ tsp** salt



DIRECTIONS

- 1 In a medium sized bowl, whisk together the yogurt, mint, garlic and salt. Add cucumbers and toss to coat. Garnish with fresh mint and drizzle olive oil if desired.

RECIPE | CUCUMBERS

CITRUS CUCUMBER BLUEBERRY SALAD



20 min

10 min
PREP.

10 min
COOKING



2



easy

INGREDIENTS

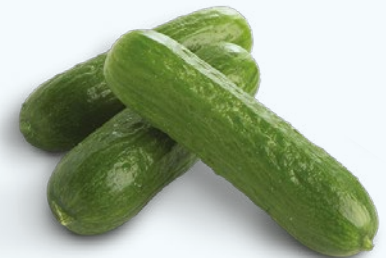
Recipe created by *Laura Ashley Johnson*

For the salad:

1 dry pint Pure Flavor® Uno Bites™ Nano Cucumbers, sliced
3 radishes, cut into matchsticks
3 green onions, sliced
1 small baguette, sliced
1 clove garlic, minced
8 cups spring mix lettuce
½ cup sugar snap peas, halved
⅔ cup blueberries
2 tbsp butter, softened
2 tbsp grated Parmesan cheese
¼ tsp salt
 Parmesan cheese, shaved, for garnish

For the dressing:

1 clove garlic, minced
¼ cup mayonnaise
2 tbsp lemon juice
2 tbsp olive oil
1 tsp Dijon mustard
1 tsp lemon zest
⅓ tsp granulated sugar
⅓ tsp salt



DIRECTIONS

- 1 Preheat oven to 300°F.
- 2 In a small bowl, combine grated Parmesan cheese, garlic, and salt until well combined. Spread evenly on top of sliced baguettes. Place on a sheet pan and bake for 10 minutes.
- 3 In another small bowl combine all dressing ingredients and whisk until well emulsified.
- 4 In a large bowl toss together cucumbers, radishes, green onions, spring mix, snap peas, and blueberries.
- 5 Drizzle the dressing on top of salad and toss until coated well.
- 6 To serve, top with Parmesan toasts, and garnish with shaved Parmesan if desired.



RECIPE | CUCUMBERS

MEDITERRANEAN ORZO SALAD



10 min
PREP.

20 min

10 min
COOKING



4



easy

INGREDIENTS

Recipe created by Jenan Zammar

FOR THE SALAD:

1 dry pint Pure Flavor® Uno Bites™ Nano Cucumbers, sliced
1 dry pint Pure Flavor® Azuca® Red Cherry Tomatoes, halved
1 cup orzo pasta
1 cup sliced olives
1 cup fresh parsley, chopped
½ cup green onion, diced
½ cup red onion, diced
½ cup feta cheese, crumbled

FOR THE DRESSING:

½ cup olive oil
½ cup red wine vinegar
2 tsp dried oregano
2 tsp dried dill
2 tsp honey
2 tsp lemon juice
Salt & pepper, to taste



DIRECTIONS

- 1 Over high heat, place a medium pot half full of water to boil. Once the water reaches a rolling boil, add orzo. Cook, stirring, for 8 to 10 minutes. Drain and rinse with cold water.
- 2 Put the salad ingredients in a large bowl and set aside. In a small bowl, whisk together the ingredients for the dressing until combined. Pour over the salad and mix to coat. Serve immediately or store in the fridge for up to 3 days.



RECIPE | CUCUMBERS

FRIED SHRIMP & CUCUMBER SALAD


25 min

10 min
PREP.
15 min
COOKING


4


easy

INGREDIENTS

Recipe created by Joy Monnerjahn

For the salad:

1.75 lb Pure Flavor® Uno Bites™ Nano Cucumbers, sliced thin
4 cloves garlic, grated
½ cup red onion, sliced thin
2 tbsp rice wine vinegar
2 tbsp sugar
½ - 1 tbsp red pepper flakes
4 tsp olive oil
2 tsp toasted sesame oil

For the shrimp:

1 lb shrimp, peeled & deveined
2 cups flour
4 tbsp Cajun seasoning
Canola oil or peanut oil, enough to cover the bottom of your pot and fill it about 2"



DIRECTIONS

- 1 In a small mixing bowl, add red pepper flakes, sugar, rice wine vinegar, sesame oil and mix well. Add garlic, red onions and oil. In a medium bowl, toss sliced cucumbers with oil mixture. Set aside.
- 2 In a large heavy pot, heat oil to 350° F. While the oil is heating up, get a medium bowl and mix together the flour and Cajun seasoning. Coat the shrimp in the flour mixture and place in hot oil. Cook the shrimp in batches so they get crispy. Fry each batch of shrimp until golden, about 2-3 minutes depending on the size of the shrimp. Serve over the salad.



RECIPE | CUCUMBERS

GRILLED PINEAPPLE AND CUCUMBER SALAD



20 min

15 min
PREP.

5 min
COOKING



4



easy

INGREDIENTS

FOR THE SALAD:

2 dry pints Pure Flavor® Uno Bites™ Nano Cucumbers, chopped

1 dry pint Pure Flavor® Juno® Bites Red Grape

Tomatoes, cut in half

1 pineapple

1 red chilli, halved

½ cup coriander, chopped

½ cup mint, chopped

⅓ cup roasted peanuts

¼ red onion, thinly sliced

FOR THE DRESSING:

1 lime, juiced

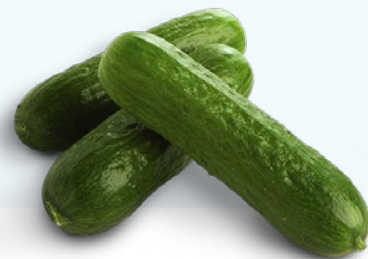
3 tbsp peanut butter

1 tbsp rice vinegar

1 tsp garlic, minced

1 tsp chilli, chopped

1 tsp soy sauce



DIRECTIONS

- 1 For the dressing, in a food processor add peanut butter, rice vinegar lime juice, garlic, chilli and soy sauce. Blitz until a smooth paste.
- 2 Preheat grill to medium high. Peel pineapple and cut lengthwise, cut cucumbers into long strips lengthwise.
- 3 Grill pineapple slices for 45 seconds. Cut grilled pineapple into small cubes.
- 4 In a large mixing bowl, place pineapple, cucumbers, tomatoes, red onions, red chillis, half of the roasted peanuts, coriander and mint together. Toss salad together.
- 5 Serve into a serving plate and scatter remaining roasted peanuts on top.
- 6 Drizzle peanut dressing over and serve.



RECIPE | CUCUMBERS

SWEET AND SPICY CUCUMBER SALAD



20 min
PREP.



2



easy

0 min
COOKING

INGREDIENTS

Recipe created by Megan Hutson

1lb Pure Flavor® Mini Cucumbers, chopped
2 cups pomegranate arils
1 red onion, finely diced
2 tbsp lime juice
1 tbsp diced jalapeño
1 tsp salt



DIRECTIONS

- 1 Mix all the ingredients together in a medium bowl until combined.
- 2 Best served a couple hours after mixed so that flavors have time to marinate. Will keep in the fridge for 2-3 days.



RECIPE | CUCUMBERS

CUCUMBER SPRING ROLL SALAD



20 min

15 min
PREP.

5 min
COOKING



4



easy

INGREDIENTS

Recipe created by Heather Englund

For the bowls:

1 lb Pure Flavor® Mini Cucumbers, sliced into matchsticks
1 Pure Flavor® Red Sweet Bell Pepper, sliced
12 oz cooked shrimp
8 oz rice noodles
4 cups cabbage, shredded
2 cups bean sprouts
2 cups carrots, sliced into matchsticks
Fresh mint, for garnish

For the dressing:

¼ cup natural peanut butter
2 tbsp lime juice
2 tbsp coconut aminos
2 tbsp maple syrup
¼ tsp sriracha
½ tsp garlic powder
½ tsp ground ginger



DIRECTIONS

- 1 Place rice noodles in a large bowl and cover with boiling water until they are soft. Drain, rinse with cold water, and set aside.
- 2 In a small bowl whisk together all the dressing ingredients and set aside.
- 3 Combine your cucumber, cabbage, pepper, bean sprouts, carrot, and shrimp with cooled noodles in large bowl.
- 4 To serve, drizzle with dressing, garnish with mint and enjoy!



RECIPE | CUCUMBERS

MEDITERRANEAN SUMMER SALAD



10 min

10 min
PREP.



2



easy

INGREDIENTS

10 oz Pure Flavor® Poco Bites® Cocktail Cucumbers, sliced
1 Pure Flavor® Red Sweet Bell Pepper, sliced
1 avocado, diced
5 oz baby arugula
½ cup Parmesan cheese, finely chopped
2 tbsp lemon juice
2 tbsp olive oil
Balsamic glaze, for garnish
Salt, to taste



DIRECTIONS

- 1 In a large bowl, add arugula, cucumbers, and peppers.
- 2 Add lemon juice, olive oil, salt to taste, and toss.
- 3 Add avocado and Parmesan.
- 4 To serve, drizzle with balsamic glaze and enjoy.



RECIPE | CUCUMBERS

PURE GREEN GODDESS SALAD



10 min

10 min
PREP.

0 min
COOKING



6



easy

INGREDIENTS

For the salad:

10 oz Pure Flavor® Poco Bites® Cocktail Cucumbers, thinly sliced
3 green onions, chopped
½ head of green cabbage, chopped
Chili flakes, for garnish

For the dressing:

2 garlic cloves
1 white pearl onion
1 cup baby spinach
1 cup fresh basil
⅓ cup parmesan cheese, grated
⅓ cup olive oil
¼ cup cashews
6 tbsp lemon juice
2 tbsp rice vinegar
1 tsp salt



DIRECTIONS

- 1 Place cabbage, cucumbers, and green onions in a large bowl.
- 2 Add all the ingredients for the dressing to a food processor and blend until creamy.
- 3 Pour dressing over the prepared vegetables and toss to combine.
- 4 Top with chili flakes for garnish and enjoy.

Pro Tip: Enjoy with tortilla chips if desired.



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