

2023  
EDITION

# FRESH CUCUMBER SIDE DISH RECIPES

eBOOK

pure  
flavor®

*Live Deliciously®*

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AS **CUCUMBERS.COM**

If you're searching for nutrient-dense fresh side dishes, look no further! Try these flavorful recipes with greenhouse grown cucumbers!



# WHAT'S INSIDE

Pure Flavor® greenhouse grown cucumbers support a healthy lifestyle. They can make your side dishes more delicious and nutritious.

*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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## Mediterranean Cauliflower Rice Salad

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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

# CUCUMBER BULGUR SALAD



15 min

15 min  
PREP.

0 min  
COOKING



4



easy

## INGREDIENTS

**10 oz** Pure Flavor® Poco Bites® Cocktail Cucumbers, halved and sliced  
**3** lemons, juiced  
**½** red onion, diced  
**30 oz** can chickpeas, drained and rinsed  
**2 cups** bulgur, cooked and cooled  
**1 cup** fresh parsley, finely chopped  
**¾ cup** pistachios, shelled and chopped  
**⅔ cup** fresh mint, finely chopped  
**½ cup** feta, crumbled  
**½ cup** fresh dill, finely chopped  
Salt and pepper, to taste  
Pistachios, optional, for garnish



## DIRECTIONS

- 1 In a large bowl combine the bulgur, onion, cucumbers, chickpeas, feta.
- 2 Add lemon juice, parsley, mint, dill, pistachios, season with salt and pepper and toss.
- 3 Garnish with additional pistachios for an added crunch.



RECIPE | CUCUMBERS

# GARLIC CUCUMBER SALAD



15 min  
PREP.



2



easy

15 min

N/A  
COOKING



## INGREDIENTS

1 lb bag Pure Flavor® Poco Bites® Cocktail Cucumbers, chopped  
2 tbsp garlic, minced  
1 tbsp cilantro, chopped  
1 tbsp soy sauce  
1 tbsp rice vinegar  
1 tbsp sesame oil  
1 tsp black sesame seeds  
1 tsp sugar  
1 Thai chili, thinly sliced for garnish  
Salt to taste



## DIRECTIONS

- 1 In a medium bowl mix together garlic, soy sauce, cilantro, vinegar, sesame oil, sugar, and salt. Add cucumbers and toss to combine.
- 2 Sprinkle with sesame seeds and Thai chili and serve!





## RECIPE | CUCUMBERS

# STUFFED SWEET POTATOES



35 min

5 min  
PREP.

30 min  
COOKING



2



easy

## INGREDIENTS

1 lb Pure Flavor® Poco Bites®, sliced  
2 sweet potatoes, halved  
1 19 oz can of chickpeas, rinsed and drained  
½ oz fresh parsley, chopped  
6 oz gai lan  
2 tbsp white miso paste

1 tbsp white vinegar  
1 lemon, juiced and halved  
2 tsp white sesame seeds  
2 tsp red chili pepper flakes (optional)  
3 tbsp olive oil  
salt and pepper



## DIRECTIONS

- 1 Preheat the oven to 425°F. Slice the sweet potatoes in half lengthwise, transfer to a baking sheet. Rub sweet potatoes with olive oil, season with salt and pepper and place cut side down and roast until tender, 25 to 30 minutes.
- 2 Drain and rinse the chickpeas. Halve and juice the lemon into a small bowl. In a large bowl, combine the chickpeas, sliced cucumbers, parsley leaves, 1 tbsp lemon juice, olive oil, and a pinch of salt. Toss cucumber and chickpea mixture to combine.
- 3 In a medium bowl, combine the white miso paste, white vinegar, 1 tsp of lemon juice, and 2 tbsp water. Whisk until smooth.
- 4 Slice the gai lan and chop it into bite-size pieces. Heat a large nonstick skillet with 1 tsp of olive oil over medium-high heat. Add the chopped gai lan, 2 tbsp of water and cook until bright green and crisp-tender, 2 to 3 minutes.
- 4 Remove the roasted sweet potatoes from the oven. Stuff them with the cooked gai lan and cucumber chickpea salad. Sprinkle with sesame seeds and red chili pepper flakes if desired.

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## RECIPE | CUCUMBERS

# CUCUMBER CHICKPEA CHAAT



10 min

10 min  
PREP.



4



easy

## INGREDIENTS

Recipe created by Tanya Anurag

**1 lb** Pure Flavor® Mini Cucumbers, diced  
**1** Pure Flavor® Beefsteak Tomato, chopped & deseeded  
**3 cups** cooked chickpeas (salted)  
**2 tbsp** chopped red onion  
**2 tbsp** chopped cilantro  
**1 tbsp** lemon juice  
**1 tsp** chaat masala  
**½ tsp** black salt  
**½ tsp** cumin powder  
Pinch of salt  
Pinch of paprika

Pro Tip: To speed up this already quick dish, substitute the cooked chickpeas for canned chickpeas, drained and rinsed.



## DIRECTIONS

- 1 Mix all the ingredients together in a large bowl. Taste to see if seasonings need adjusting. Serve.





## RECIPE | CUCUMBERS

# CUCUMBER & SOBA NOODLES



30 min  
PREP.



4



easy

30 min

N/A  
COOKING

## INGREDIENTS

Recipe created by Amber Cardosi

### FOR THE CUCUMBER & SOBA NOODLES:

1 lb Pure Flavor® Mini Cucumbers, spiralized  
8 oz soba noodles, cooked  
½ cup lima beans  
⅓ cup cilantro, chopped  
¼ green onion, chopped  
crushed red pepper, optional  
sesame seeds, optional  
lime wedges, optional

### FOR THE SESAME GINGER TAHINI SAUCE:

⅓ cup tahini  
¼ cup rice wine vinegar  
¼ cup soy sauce  
2 cloves garlic, minced  
3 tbsp green onion, minced  
3 tbsp water  
3 tbsp chili garlic sauce  
2 tbsp ginger, minced  
2 tbsp molasses  
1 tsp white sesame seeds  
1 tsp black sesame seeds  
½ tsp crushed red pepper



## DIRECTIONS

- 1 In a large bowl, whisk together the sauce ingredients.
- 2 Gently toss the soba noodles and cucumber together in a large serving bowl. Pour half the sauce over them. Add lima beans, chopped cilantro and green onion to top the salad. Sprinkle with crushed red pepper, sesame seeds and serve with lime wedges and extra sauce on the side.





## RECIPE | CUCUMBERS

# THAI QUINOA SALAD



25 min

10 min  
PREP.

25 min  
COOKING



2



easy

## INGREDIENTS

Recipe created by Shuchi Gupta

### For the salad:

**1 lb bag** Pure Flavor® Mini Cucumbers, diced  
**1** Pure Flavor® Red Sweet Bell Pepper, diced  
**398ml can** coconut milk  
**¾ cup** quinoa, uncooked  
**½ cup** water  
**½ cup** carrots, diced  
**½ cup** cilantro, chopped

**¼ cup** red onion, diced  
**2** spring onions, sliced  
**3 tbsp** peanuts  
**2 tbsp** olive oil  
Fresh lime, for garnish  
Cilantro, for garnish  
Thai chili, optional for garnish

### For the dressing:

**¼ cup** peanut butter  
**3 tbsp** soy sauce  
**1 tbsp** chili sauce  
**1 tbsp** honey  
**1 tbsp** lime  
**2 tsp** fresh ginger, grated  
**2 tsp** garlic, minced  
**1 tsp** olive oil or sesame oil  
water to thin, if necessary



## DIRECTIONS

- 1 In a medium saucepan, add oil and peanuts. Fry until toasted, then add coconut milk with water and bring it to a boil. Add in quinoa and bring the mixture to a boil. Cover, reduce heat to low and let simmer for 15 minutes or until quinoa has absorbed all of the liquid.
- 2 Remove from heat and fluff quinoa with fork; place in a large bowl and set aside to cool for about 10 minutes.
- 3 For the dressing, combine all ingredients in a bowl and stir until the mixture is smooth and creamy. Thin with water if needed.
- 4 Combine veggies along with quinoa and mix. Add in the dressing, toss, and enjoy. Garnish with cilantro and fresh lime. Serve with Thai chilis, optional.



## RECIPE | CUCUMBERS

# PICKLED VEGGIE SLAW



20 min  
PREP.



4



easy

20 min

N/A  
COOKING

## INGREDIENTS

Recipe created by Amber Bogardus

**1 dry pint** Pure Flavor® Uno Bites™ Nano Cucumbers, julienned  
**1½ cups** red cabbage, shredded  
**1 cup** carrots, shredded  
**1 cup** jicama, julienned  
**½ cup** radishes, julienned  
**2 tbsp** mayonnaise  
**2 tbsp** Dijon mustard  
**1½ tbsp** pickle juice  
**1 tbsp** sea salt

**2 tsp** cayenne pepper  
**1 tsp** rice vinegar  
Salt and pepper, to taste



## DIRECTIONS

- 1 Toss the cabbage with rice vinegar in a large serving bowl.
- 2 Add the cucumbers, carrots, radishes, and jicama to bowl and toss together with the cabbage.
- 3 In a small bowl, combine the mayo, Dijon mustard, pickle juice, and cayenne pepper. Stir to combine and season to taste with salt and pepper.
- 4 Pour the prepared dressing over the slaw mixture and gently toss to evenly coat.

**Pro Tip:** For best texture and presentation, 1 hour prior to mixing toss cabbage with sea salt and place into a strainer over a bowl and let the cabbage drain. After an hour, squeeze out as much remaining moisture as possible with a paper towel.







## RECIPE | CUCUMBERS

# MEDITERRANEAN CAULIFLOWER RICE SALAD



15 min

15 min  
PREP.

0 min  
COOKING



4

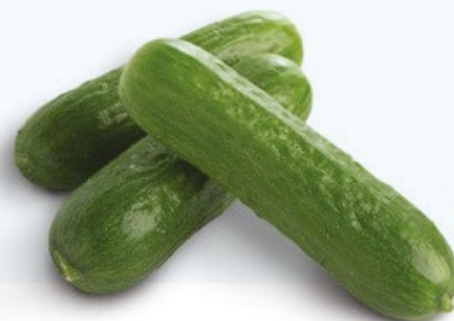


easy

## INGREDIENTS

Recipe created by Yasmin Benhan

- 1 dry pint** Pure Flavor® Uno Bites™ Nano Cucumbers, sliced
- 1 dry pint** Pure Flavor® Juno® Bites Red Grape Tomatoes, halved
- 1** Pure Flavor® Red Sweet Bell Pepper, diced
- 3** green onions, finely chopped
- 2** cloves garlic, minced
- 1** lemon, juiced
- ½** red onion, finely diced
- 2 cups** cauliflower rice
- 1 cup** parsley, chopped
- ¼ cup** olive oil
- Salt and pepper, to taste



## DIRECTIONS

- 1 In a large bowl mix cucumbers, tomatoes, peppers, green onions, red onion, parsley, and cauliflower rice.
- 2 To make dressing combine olive oil, lemon juice, garlic and salt and pepper in a small bowl. Mix well.
- 3 Drizzle dressing over salad and toss together until well combined.





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