

2023  
EDITION

# CUCUMBER APPETIZER RECIPES eBook

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flavor®

*Live Deliciously®*

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AS CUCUMBERS.COM

If you're searching for delicious appetizers great for entertaining, 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 ideal for appetizers, 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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**Numero Uno Salsa**

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Engage the conversation, no matter where you are:



**PURE-FLAVOR.COM**





# 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

# VEGETARIAN RICE WRAPS



15 min

15 min  
PREP.

N/A  
COOKING



4



easy

## INGREDIENTS

Recipe created by Jenan Zammar

### FOR THE WRAPS:

- 1 Pure Flavor® Long English Cucumber
- 1 Pure Flavor® Sweet Bell Pepper, julienned
- 12 rice paper wrappers
- 1 package rice vermicelli noodles, cooked
- 1 large carrot, julienned
- 1 cup red cabbage, sliced

### FOR THE SAUCE:

- ¼ cup hoisin sauce
- 2 tbsp water
- 1 tbsp peanut butter
- 1 tbsp honey
- 1 tsp sriracha



## DIRECTIONS

- 1 In a small bowl, whisk together the ingredients for the sauce. Set aside.
- 2 Soften rice paper, this usually takes about 30 seconds in hot water. The rice paper should be slightly firm, but pliable. Place on a flat surface or cutting board and pat dry if it's still wet.
- 3 Place some cucumbers, peppers, carrots, cabbage and a small amount of noodles on the bottom 1/3 of the rice paper. Do not over stuff. Roll the bottom over the filling, then fold the sides and continue rolling – similar to a burrito. Slice in half and serve on a plate with dipping sauce.



RECIPE | CUCUMBERS

# CUCUMBER SUSHI



40 min

25 min  
PREP.

15 min  
COOKING



4



medium



## INGREDIENTS

### For the sushi:

2 Pure Flavor® Long English Cucumbers  
8 oz Pure Flavor® Aurora Bites Mini Sweet Pepper, thinly sliced  
4 oz imitation crab, thinly sliced  
4 carrots, julienned  
1 cup sushi rice  
Soy sauce, optional  
Sesame seeds for garnish, optional

### For the spicy mayo:

2 tbsp mayonnaise  
1 tsp sriracha



## DIRECTIONS

- 1 Cook rice according to package instructions. Mix the ingredients of the spicy mayo and set aside.
- 2 Cut each cucumber into thirds. Hollow out with a small spoon or knife.
- 3 Place a small amount of rice into the cucumber thirds, then press towards one side to make room for the other ingredients.
- 4 Add imitation crab, peppers, and carrots until the cucumber is full.
- 5 Cut the cucumbers into 1/2 inch slices. Serve cold with spicy mayo or soy sauce.
- 6 Add sesame seeds for garnish, optional.





RECIPE | CUCUMBERS

# SALMON CUCUMBER BITES



10 min

10 min  
PREP.



5



easy

## INGREDIENTS

**1 lb** Pure Flavor® Mini Cucumbers, sliced into 1" rounds  
**1 lb** smoked salmon, cut into bite-sized pieces  
**8 oz** cream cheese, softened  
**3 tbsp** dill, chopped  
**1 tbsp** horseradish  
Cocktail forks



## DIRECTIONS

- 1 Arrange sliced cucumbers on serving platter. Place in the refrigerator while preparing the cream cheese.
- 2 In a large bowl, add cream cheese, dill and horseradish. Beat until combined.
- 3 Spread cream cheese mixture on top of each cucumber slice, top with bite-sized smoked salmon and insert toothpick in center to keep in place.



## RECIPE | CUCUMBERS

# CUCUMBER SHRIMP COCKTAIL

45 min

15 min  
PREP.  
0 min  
COOKING

6

easy

## INGREDIENTS

Recipe created by Amber Bogardus

**1 lb** Pure Flavor® Gourmet Mini Cucumbers, diced  
**2** Pure Flavor® Roma Tomatoes, diced  
**1 lb** medium sized cooked shrimp, tails removed & chopped into bite-sized pieces  
**1** melon, scooped into spheres with a melon baller  
**¼ cup** red onion, minced  
**1 - 2** serrano peppers, minced  
**3 tbsp** lemon juice

**1 tbsp** orange zest  
**1 tbsp** cilantro  
**2 tsp** garlic salt, divided  
**2 tsp** chili powder, divided  
Black pepper, to taste  
**6** chili lime tortilla chips, for garnish  
**6** cooked shrimp with tails, for garnish  
**6** lime wedges



## DIRECTIONS

- 1 Combine shrimp, 1 tsp of lemon juice, 1 tsp of garlic salt, and 1 tsp of chili powder in a large bowl. Stir to combine. Add the remaining ingredients to the bowl, season with the remaining garlic salt and chili powder and stir. Season to taste with pepper. Chill in the fridge for 30 minutes to let the flavors blend.
- 2 Place a scoop of cucumber shrimp cocktail in each shot glass. Garnish each glass with a chili lime tortilla chip, 1 shrimp with the tail intact, and a lime wedge.





RECIPE | CUCUMBERS

# HOMEMADE TZATZIKI PLATTER



15 min

15 min  
PREP.

0 min  
COOKING



2



easy

## INGREDIENTS

Recipe created by *Caeli-Rose White*

1 lb Pure Flavor® Mini Cucumbers, divided  
1 dry pint Pure Flavor® Juno® Bites Red Grape Tomatoes, halved  
2 cloves garlic, minced  
1 pita, cut into triangles  
1 ½ cups plain Greek yogurt  
1 cup chickpeas  
1 cup pitted Kalamata olives

½ cup feta cheese  
2 tbsp extra-virgin olive oil  
2 tbsp fresh dill, chopped  
2 tbsp lemon juice  
½ tsp fine sea salt



## DIRECTIONS

- 1 Using a handheld grater, grate half of the cucumbers into a bowl. Using paper towels, squeeze the water out of the cucumbers.
- 2 Combine drained cucumbers, Greek yogurt, lemon juice, olive oil, garlic, dill, & salt in a bowl and mix well. Refrigerate until ready to serve.
- 3 Slice the remaining cucumbers into rounds.
- 4 Add tzatziki to a small bowl & place it in the middle of a large serving bowl.
- 5 Arrange cucumbers, tomatoes, olives, chickpeas & pita bread around the tzatziki.
- 6 Crumble feta over bowl, garnish with dill & enjoy.





RECIPE | CUCUMBERS

# MANGO JALAPEÑO CUCUMBER SALSA

20 min

20 min  
PREP.

N/A  
COOKING



4



easy

## INGREDIENTS

**1 lb** bag Pure Flavor® Poco Bites® Cocktail Cucumbers, diced  
**1 cup** mango, diced  
**1** jalapeño pepper, seeded and diced  
**1** lime, juiced  
**½ cup** red onion, minced  
**½ cup** cilantro, chopped  
Salt to taste  
**1** bag pita chips, to serve



## DIRECTIONS

- 1 In a medium bowl toss cucumber, jalapeño pepper, mango, red onion, cilantro, lime juice and salt. Mix until combined.
- 2 Serve with pita chips.





RECIPE | CUCUMBERS

# NUMERO UNO SALSA



10 min  
PREP.



10 min

N/A  
COOKING

4

easy

## INGREDIENTS

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

¼ red onion, finely diced

¼ bunch cilantro, finely chopped

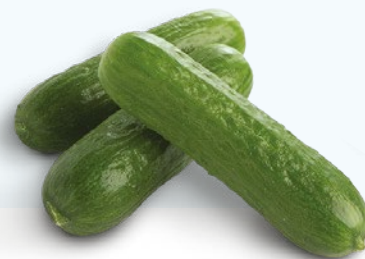
**2 tbsp** olive oil

**2 tsp** lime juice

½ **tsp** red chili flakes

¼ **tsp** garlic powder

Salt, to taste



## DIRECTIONS

- 1 In a large bowl, combine cucumbers, red onion, garlic powder, olive oil, and lime juice.
- 2 Add cilantro and red chili flakes. Season with salt and serve with your favorite tortilla chips.

Pro Tip: For an added kick, substitute red chili flakes with finely chopped jalapeno or serrano chili peppers.









## RECIPE | CUCUMBERS

# CUCUMBER SALSA ON CRISPY RICE



40 min

25 min  
PREP.

15 min  
COOKING



6

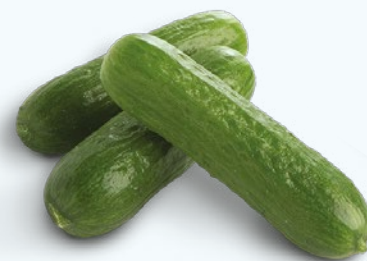


easy

## INGREDIENTS

Recipe created by *Bon Abbetit*

**1 dry pint** Pure Flavor® Uno Bites™ Nano Cucumbers, diced  
**12 slices** smoked salmon  
**1** avocado, sliced  
**2 cups** white rice, cooked  
**¼ cup** sesame oil  
**5 tbsp** rice wine vinegar, divided  
**4 tbsp** canola oil  
**2 tbsp** soy sauce  
**1 tbsp** honey  
**1 tbsp** chives, sliced  
**½ tsp** garlic, diced  
Sesame seeds, for garnish



## DIRECTIONS

- 1 In a bowl add 2 tablespoons of rice wine vinegar to the cooked rice and mix. Press rice into a parchment paper-lined container, cover with plastic wrap and let cool in the refrigerator for 15 minutes.
  - 2 Remove rice and slice into squares. To prevent sticking, rinse your knife in between each cut.
  - 3 Heat a pan on high heat and add canola oil. Once hot, add in rice squares and cook for about 5 to 6 minutes per side. Transfer to a paper towel to remove excess oil.
  - 4 Combine cucumbers, garlic, soy sauce, sesame oil, honey, chives, and the remaining rice wine vinegar in a bowl.
  - 5 Assemble by layering rice square with sliced avocado, smoked salmon, and cucumber salsa. Top with sesame seeds and enjoy!
- Pro Tip: For ease of cutting, leave the rice in the fridge overnight to set.

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## RECIPE | CUCUMBERS

# CUCUMBER RICOTTA CROSTINI



10 min

5 min  
PREP.

5 min  
COOKING



24



easy

## INGREDIENTS

**1 dry pint** Pure Flavor® Uno Bites™ Nano Cucumbers, sliced  
**1** baguette  
**1 bunch** asparagus, trimmed & cut in half lengthwise  
**1 cup** ricotta cheese  
**½ cup** olive oil, divided  
Salt & pepper, to taste  
Fresh mint leaves, for garnish



## DIRECTIONS

- 1 Preheat oven to 425°F.
- 2 Slice the baguette into 24 pieces and drizzle each slice with olive oil. Bake in the oven for 5 minutes.
- 3 Remove from oven and spread each baguette with ricotta cheese.
- 4 Cut the asparagus spears in half and arrange with cucumbers on top of each crostini. Season with salt and pepper, to taste.
- 5 Drizzle each toast slice with remaining olive oil and garnish with mint leaves.





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