

RECIPE | CUCUMBERS

CUCUMBER CHICKPEA MINI PIZZAS



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INGREDIENTS

Pizzas:

- 1 Pure Flavor® Long English Cucumber
- 1 dry pint Pure Flavor® Juno Bites® Red Grape Tomatoes
- 4 mini pitas

Chickpea Spread:

- 1 cup canned chickpeas
- ¼ tsp red pepper flakes
- ⅛ tsp fine grain sea salt
- 2 tsp olive oil
- 1 pinch black pepper
- ¼ cup fresh parsley, with stems removed
- ¼ tsp each cumin, coriander, granulated garlic

Yogurt Sauce:

- ½ cup plain Greek yogurt
- 3-4 tbsp lemon juice
- 1 tbsp olive oil
- ¼ tsp dried dill weed
- ⅛ tsp fine grain sea salt
- ⅛ tsp black pepper

DIRECTIONS

1. Place the chickpeas, cumin, coriander, garlic, salt, pepper, red pepper flakes and parsley in a food processor and pulse 3 to 4 times to combine. Scrape down the sides and drizzle olive oil over mixture, process until well combined with small chunks remaining.
2. Preheat oven to 425° F. Lightly rub olive oil on the bottoms of the mini pitas. Place pitas oiled side up on a cookie sheet and bake for 5 to 6 minutes until lightly browned and crispy.
3. In a small bowl, whisk together yogurt, sea salt, pepper, dill weed and olive oil. Whisk in lemon juice a tablespoon at a time until desired consistency is achieved. Season with more salt and pepper to taste.
4. Spiralize cucumbers on the noodle setting and slice tomatoes into quarters.
5. Spread chickpea mixture onto each pita. Top with cucumbers and tomatoes. Drizzle with yogurt sauce and enjoy!



TOTAL TIME

25 minutes

PREP TIME

20 minutes

COOK TIME

5 minutes

SERVES

4

COOKING LEVEL

Easy