

**TOTAL TIME**

25 minutes

PREP TIME

20 minutes

COOK TIME

5 minutes

SERVES

4

COOKING LEVEL

Easy

RECIPE | CUCUMBERS

CUCUMBER CHICKPEA MINI PIZZAS

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
1/4 cup fresh parsley
2 tsp olive oil
1/4 tsp cumin
1/4 tsp coriander
1/4 tsp granulated garlic
1/4 tsp red pepper flakes
1/8 tsp fine grain sea salt
1 pinch black pepper

Yogurt Sauce:

1/2 cup plain Greek yogurt
3-4 tbsp lemon juice
1 tbsp olive oil
1/4 tsp dried dill weed
1/8 tsp fine grain sea salt
1/8 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. If you want a smoother spread, add 1 to 2 teaspoons more olive oil and process to desired consistency.
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. While pitas cook, prepare the yogurt sauce. 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!

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