



RECIPE | CUCUMBERS



# CUCUMBER CHICKPEA YOGURT BOWL



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# CUCUMBER CHICKPEA YOGURT BOWL

Recipe created by Hanan Ghadban



**30 min**

**15 min**  
PREP.

**15 min**  
COOKING



**2**



**easy**

## INGREDIENTS

**10 oz** Pure Flavor® Poco Bites® Cocktail Cucumbers, divided  
**2** garlic cloves, crushed  
**1** lemon, zested & juiced  
**119 oz** can chickpeas, drained & rinsed  
**2 cups** plain yogurt  
**2 cups** pita chips  
**½ cup** parsley, chopped  
**½ cup** slivered almonds

**3 tbsp** olive oil, divided  
**2 tbsp** tahini  
**2 tbsp** butter  
**2 tsp** cumin  
Salt & pepper, to taste

## DIRECTIONS

- 1 Cut one cucumber lengthwise into ribbons and set aside.
- 2 Finely chop the remaining cucumbers and add to a large bowl with yogurt, tahini, garlic, 1 tablespoon olive oil, lemon juice, and season with salt & pepper. Mix until combined.
- 3 Place chickpeas in a pot of water, cover, and boil for 15 minutes over high heat. Drain and mix in cumin, salt, and pepper to taste. Set aside 4 tablespoons for garnish.
- 4 In a saucepan, over medium heat brown almonds in the remaining oil and butter. Remove almonds and reserve oil for garnish.
- 5 Dividing ingredients between two bowls, begin to layer evenly starting with chickpeas, pita chips, and yogurt mixture.
- 6 Top with reserved chickpeas, almonds, parsley, cucumber ribbons, and lemon zest. Drizzle with the reserved oil and serve.