



RECIPE | CUCUMBERS



CUCUMBER CHICKPEA YOGURT BOWL

The logo for Pure Flavor, featuring the text "pure flavor" in white lowercase letters with a green leaf icon, all inside a blue circle.

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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.