



RECIPE | CUCUMBERS

CUCUMBER CHICKPEA YOGURT BOWL

 15 min
PREP.
30 min 15 min
COOKING

 2

 easy

INGREDIENTS

Recipe created by *Hanan Ghadban*

10 oz Pure Flavor® Poco Bites® Cocktail Cucumbers, divided
2 garlic cloves, crushed
1 lemon, zested & juiced
1 19 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.

