

RECIPE | CUCUMBERS



CUCUMBER & HUMMUS OPEN SANDWICH



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Recipe created by *Tanya Anurag*

INGREDIENTS

FOR THE SANDWICHES:

- 1 dry pint Pure Flavor® Uno Bites™ Nano Cucumbers, sliced
- 1 package rice cakes
- Chia seeds, for garnish
- Sesame seeds, for garnish
- Parsley, for garnish

FOR THE HUMMUS:

- 2 cans chickpeas, drained
- 2 small pickled beets
- 3-4 garlic cloves, minced
- 2 tbsp tahini
- 2 + 1 tbsp olive oil (divided)
- 1 tbsp lemon juice
- 1 tsp lemon zest
- ½ tsp black pepper powder
- Salt, to taste

DIRECTIONS

- 1 In a food processor, add the pickled beets and blend until they become small pieces. Add chickpeas, garlic, tahini, lemon juice, lemon zest, olive oil, salt and pepper. Run the food processor until everything is mixed well. Taste test and adjust lemon, salt and pepper if needed.
- 2 For each rice cake top with 2 tbsp of hummus and spread evenly. Top with cucumbers, a drizzle of olive oil, sesame seeds, chia seeds and parsley. Serve immediately.



10 min

10 min
PREP.

0 min
COOKING



4



easy