

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 beets
- 3-4** garlic cloves, minced
- 2 tbsp** tahini
- 2 + 1 tbsp** olive oil
- 1 tbsp** lemon juice
- 1 tsp** lemon zest
- ½ tsp** black pepper powder
- Salt, to taste

DIRECTIONS

- 1** Peel and dice the beets into 1-inch cubes. Drizzle them with olive oil and wrap in foil. Bake or air-fry at 350° F for 30 minutes. Remove from oven and let them cool.
- 2** In a food processor, add the 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.
- 3** 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.



**45 min**

**15 min**  
PREP.

**30 min**  
COOKING



**4**



**easy**