



RECIPE | CUCUMBERS

CUCUMBER & HUMMUS OPEN SANDWICH



10 min
PREP.



4



easy

10 min

0 min
COOKING

INGREDIENTS

Recipe created by Tanya Anurag

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.

