

RECIPE | CUCUMBERS

CUCUMBER SUSHI SPIRALS



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INGREDIENTS

- 2 Pure Flavor® Organic Long English Cucumbers, sliced lengthwise into long thin strips
- 1 Pure Flavor® Organic Red Sweet Bell Pepper, diced
- ½ cup plain organic Greek yogurt
- ¼ cup organic feta cheese, crumbled
- ¼ cup organic red onion, diced
- 1 clove organic garlic
- 2 tsp organic lemon juice
- 1 tsp fresh organic dill, chopped, plus more for garnish
- Salt and pepper, to taste

DIRECTIONS

1. In a small bowl, combine yogurt, lemon, garlic, dill, feta cheese, salt and pepper.
2. Spread sauce onto a cucumber slice and carefully roll. Secure with a toothpick through the middle to hold it together. Top with pepper, onion, extra feta and dill. Continue until you have used up all your ingredients.



TOTAL TIME
15 minutes

PREP TIME
15 minutes

COOK TIME
N/A

SERVES
2

COOKING LEVEL
Easy