

RECIPE | CUCUMBERS



MEDITERRANEAN SUMMER SALAD



PURE-FLAVOR.COM

MEDITERRANEAN SUMMER SALAD



10 min

10 min
PREP.

0 min
COOKING



2



easy

INGREDIENTS

- 10 oz** Pure Flavor® Poco Bites® Cocktail Cucumbers, sliced
- 1** Pure Flavor® Red Sweet Bell Pepper, sliced
- 1** avocado, diced
- 5 oz** baby arugula
- ½ cup** Parmesan cheese, finely chopped
- 2 tbsp** lemon juice
- 2 tbsp** olive oil
- Balsamic glaze, for garnish
- Salt, to taste

DIRECTIONS

- 1** In a large bowl, add arugula, cucumbers, and peppers.
- 2** Add lemon juice, olive oil, salt to taste, and toss.
- 3** Add avocado and Parmesan.
- 4** To serve, drizzle with balsamic glaze and enjoy.