



RECIPE | CUCUMBERS

RUSTIC CUCUMBER SALAD



20 min
PREP.



6-8



easy

20 min

N/A
COOKING



INGREDIENTS

For the salad:

- 10 oz Pure Flavor® Poco Bites® Cocktail Cucumbers
- 5-6 cups fresh broccoli florets, finely chopped
- 1 ¼ cups fresh blueberries
- 1 cup carrots, shredded
- ½ cup fresh cilantro, finely chopped
- ½ cup dried apricots, chopped
- ½ cup toasted almonds, sliced
- ⅓ cup red onion, finely diced
- ¼ cup parsley, finely chopped
- ¼ cup sunflower seeds, roasted

For the dressing:

- 3 tbsp tahini
- 2-3 tbsp warm water
- ½ lemon, juiced
- ½ tbsp pure maple syrup
- 1 garlic clove, minced
- salt and pepper to taste



DIRECTIONS

- 1 In a large bowl, add cucumbers, broccoli, blueberries, carrots, apricots, red onion, cilantro, parsley, almonds and sunflower seeds. Set aside.
- 2 To make the dressing, whisk together tahini, lemon juice, water, maple syrup, garlic and salt and pepper in a small bowl.
- 3 Immediately drizzle over salad and toss to combine. Garnish with extra toasted almonds and cilantro.