

RECIPE | CUCUMBERS



RUSTIC CUCUMBER SALAD



pure
flavor®



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RUSTIC CUCUMBER SALAD



20 min

20 min | **N/A**
PREP. | COOKING



6-8



easy

INGREDIENTS

For the salad:

- 10 oz** Pure Flavor® Poco Bites® Cocktail Cucumbers
- 5-6 cups** fresh broccoli florets, finely chopped
- 1¼ cups** fresh blueberries
- 1 cup** carrots, shredded
- ½ cup** fresh cilantro, finely chopped
- ½ cup** dried apricots, chopped
- ½ cup** toasted almonds, sliced
- ½ 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.