



Mediterranean cucumber cups (ES)

Serving: 1

Veg

Ingredients

- 1 cucumber
- 1/2 small red onion finely chopped
- 1/2 red bell pepper finely chopped
- 1 tbsp black olives chopped
- 1/4 tablespoon dried oregano
- 2 tbsp parsley chopped
- 1/2 tablespoon zest and 1 tbsp lemon juice
- 1 tsp olive oil
- Salt and ground black pepper

Preparation Method

- In a large mixing bowl, mix together the onion, bell pepper, , olives, oregano, parsley, lemon juice and zest, and olive oil. Season with salt and pepper, to taste.
- Trim the ends of the cucumbers and cut each cucumber into 1-inch thick slices. Scoop out the center of each slice with a melon baller, leaving a shell of flesh.
- Scoop about 1 tablespoon of the Mediterranean salad into the cucumber cups. Garnish with additional parsley and feta, if desired. Enjoy!