

LEMON CUCUMBER & PESTO RECIPE

 Yield: 6 servings

Prep Time: 20 mins Total Time: 20 mins

Lemon cucumbers have no lemon flavor and their skin is slightly thicker and the center is more seedy as the fruit stays on the vine longer. Eat them when they're more younger with a lighter yellow color so that they're more crisp and tender.



For the pesto, adjust the amount of parmesan cheese according to your preference. The more parmesan you use, the richer the pesto will be, however it will also become lighter in color. Adjust the amount of oil depending on your personal preference for how thick you like your pesto.

★★★★★ 5 from 2 votes

INGREDIENTS

- 3-4 medium lemon cucumbers
- 2 cups fresh Italian basil leaves
- 1/2 - 1 cup grated parmesan cheese (see head note)
- 1/4 cup toasted nuts (pine nuts, walnuts, cashews, pistachios, peanuts)
- 1 tablespoon lemon juice , optional
- 2 cloves garlic , or more to taste
- 1 teaspoon kosher salt or sea salt, to taste
- fresh ground black pepper , to taste
- 1/2 cup olive oil (approximately)
- pinch red chili flakes (optional).

INSTRUCTIONS

- 1 Slice or chop cucumbers. *If the skin is too tough, peel the skin and if the seeds are too hard, remove the seeds.*
- 2 **In food processor:** combine basil leaves, parmesan, nuts, garlic, *optional lemon juice*, salt, and black pepper. While blending, gradually add the olive oil until the pesto reaches your desired consistency. Taste and adjust seasoning to personal preference and blend again if needed.

- 3 **If using traditional mortar and pestle:** add basil leaves a few at a time with the garlic. Crush and grind the all the leaves and garlic until well combined. Add the nuts and cheese and continue combining into the basil mixture until a paste forms. Add the optional lemon juice, olive oil, salt and pepper. Stir and slightly grind until the everything is incorporated into the pesto.
- 4 Taste the pesto and add additional salt/pepper to taste. If you want some spice, add a pinch of red chili flakes.
- 5 Dress the pesto over cucumbers.
- 6 Leftover pesto can be stored sealed and refrigerated overnight.

NUTRITION

Calories: 248kcal, Carbohydrates: 3g, Protein: 4g, Fat: 24g, Saturated Fat: 4g, Cholesterol: 7mg, Sodium: 517mg, Potassium: 204mg, Fiber: 1g, Sugar: 1g, Vitamin A: 565IU, Vitamin C: 5.6mg, Calcium: 122mg, Iron: 1mg

Calories: 248

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