



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Avocado Cucumber Cups

Ingredients

- 1 English cucumber
- ½ avocado, peeled, seeded and diced
- ¼ cup red bell pepper, diced
- 1 Tbsp. lime juice
- 1 Tbsp. cilantro, diced
- ½ tsp. cumin
- ¼ tsp. salt

Directions

1. Chop off ends of cucumber and discard. Cut cucumber into 12 equal-sized round slices (approximately 1" width slices). Using a melon baller, scoop out center of cucumber slices, leaving enough cucumber on the bottom for the base.
2. In a mixing bowl, mash avocado, and add diced red bell pepper, lime juice, cilantro, cumin, and salt. Stir to combine.
3. Place avocado mixture in a zip top plastic bag. Snip off one bottom corner of bag and squeeze avocado mixture into hollowed-out cucumber slices.

Serves 2

90 calories, 6 g fat, 1 g saturated fat, 11 g carbohydrate, 4 g fiber, 2 g protein, 300 mg sodium

Source: California Avocado Commission

