Cucumber Recipes

Open Faced Tomato Sandwich with Creamy Cucumber spread

Mediterranean Cucumber Roll ups

French Bean Salad

Israeli Couscous Salad with Feta and Mint

**Mediterranean Cucumber Roll Ups**   
Modified from thewholesomedish.com  
  
Ingredients   
 1 large cucumber   
 1/8 tsp. ground black pepper   
 6 tbsp. roasted garlic hummus   
 6 tbsp. roasted red pepper   
 6 tbsp. crumbled feta   
  
Instructions   
1. Use a vegetable peeler to shave off long, thin slices of cucumber. You could also cut the cucumber into thin slices using a knife. Don't use the inner slices of cucumber that are full of seeds. You should get around 12 useable slices off of one cucumber.   
2. Sprinkle each slice of cucumber with a pinch of black pepper. Evenly spread about 1 1/2 tsp. of hummus on each cucumber slice. Sprinkle 1 1/2 tsp. of chopped red pepper and 1 1/2 tsp. of crumbled feta on each slice.   
3. Pick up one end of the cucumber slice and roll the cucumber around the filling. End with the seam on bottom and secure with a toothpick. Don't try to roll them up too tight or the filling will squeeze out.

**French Bean Salad**  
From wellplated.com  
  
Ingredients:  
 3 large eggs, at room temperature  
 6 ounces green beans, ends trimmed  
 4 ounces mixed greens  
 6 ounces cherry tomatoes, halved if large  
 1 small cucumber, seeded, and diced  
 1/3 cup small black olives or halved large olives, pitted  
 7 ounces white beans, such as cannellini, rinsed and drained  
 3 tablespoons chopped fresh flat-leaf or curly parsley  
 Freshly ground black pepper  
 1 tablespoon fresh lemon juice  
 2 teaspoons Dijon mustard  
 1/2 shallot, minced  
 1/8 teaspoon kosher salt  
 1/4 cup olive oil

Directions:  
 Hard boil the eggs: In a small pot, bring just enough water to cover the eggs to a gentle boil. Reduce the heat to a simmer and gently lower the eggs in with a slotted spoon. Bring water to a low, rumbling boil, then let cook for 9 minutes. A few minutes before the eggs are finished cooking, prepare an ice bath. Remove the eggs from the boiling water and plunge into the cold water. Let rest a few minutes, then tap the eggs with back of a spoon to crack them (this will make peeling easier). Return to the ice water to cool completely, then peel and cut into wedges.  
 Blanch the green beans: Bring a large pot of water to a boil, then drop in green beans. Boil until bright green and crisp-tender, about 2 minutes. Drop the cooked beans into an ice bath to shock the green beans and stop the cooking (for ease, empty then refill the ice bath used for the eggs). Drain and set aside.  
 Prepare the dressing: Whisk together the lemon juice, mustard, shallot, and salt. While whisking, drizzle in the olive oil. (Alternatively, you can shake all of the dressing ingredients together in a tightly-sealed mason jar.)  
 Place the salad greens, cherry tomatoes, cucumber, and green beans in a large salad bowl and toss with the desired amount of dressing, reserving some to drizzle on at the end (any extra dressing can be reserved for a later time). Scatter white beans and olives over the top, then arrange eggs around the sides. Drizzle with remaining vinaigrette and sprinkle with parsley and black pepper.

**Israeli Couscous Salad with Feta and Mint**  
From wellplated.com  
  
Ingredients:  
 1 cup Bob’s Red Mill Whole Wheat Pearl (Israeli) Couscous  
 1 lemon, zested  
 3 tablespoons freshly squeezed lemon juice (from about 1 large lemon)  
 3 tablespoons extra virgin olive oil  
 2 teaspoons Dijon mustard  
 1 teaspoon smoked paprika  
 1 teaspoon kosher salt  
 1/4 teaspoon black pepper  
 2 cups arugula  
 1 medium English (seedless) cucumber, sliced and quartered  
 1 pint cherry or grape tomatoes, halved  
 1/2 cup crumbled reduced fat feta cheese  
 1/4 cup lightly packed fresh mint leaves, chopped  
  
Directions:  
 Bring 1 1/4 cups water to a boil in a medium (2-quart) saucepan. Add the couscous, return to a boil, then cover and reduce the heat to a simmer. Let cook until the liquid is absorbed, about 20 minutes. Fluff with a fork and set aside.  
 In the bottom of a large bowl, whisk together the lemon zest, lemon juice, olive oil, mustard, smoked paprika, salt, and pepper. Taste and add additional seasoning as desired. While the couscous is still warm, add it to the bowl and toss to coat. Place in the refrigerator for 5-10 minutes to allow the couscous to cool.  
 When read to serve, add the remaining ingredients: arugula, cucumber, tomatoes, feta, and mint. Toss to combine. Serve cold or at room temperature.