



VEGAN APPETIZER

Cucumbers Stuffed with White Bean Hummus

- 2 lb. Cucumbers
- 12¼ oz. Cannellini Beans, canned
- 1 tsp. Garlic Powder
- 1 tbsp. Lemon Juice
- ¾ tsp. Lawry's Salt
- ¼ c. Olive Oil
- ⅓ c. Tahini Sauce
- 4 oz. Canned Roasted Red Peppers, chopped
- ½ tsp. Ground Cumin
- ½ tsp. Cayenne Pepper
- 1 pinch Fresh Parsley, chopped
- 5 Grape Tomatoes, cut in half lengthwise and cut each in half lengthwise

METHOD OF PREPARATION:

1. Wash and score cucumber with a fork.
2. Remove ends and cut cucumber into ¾ inch slices.
3. With a melon baller scoop center of cucumber out being careful not to go through the bottom.
4. Turn slices upside down on a paper towel lined tray to drain.

Prepare Hummus

1. Drain beans and add to food processor with olive oil.
2. Blend beans and oil until it reaches a paste consistency.
3. Add Tahini, Lawry's Salt, the lemon juice and blend until mixed well.
4. Add roasted red peppers, cumin, cayenne pepper and parsley and blend until mixed well.

Preparing Appetizers

1. Turn cucumber slices right side up and place on a plate.
2. Use a large star tip and scoop hummus into a pastry bag.
3. Pipe 1 ounce of hummus into each cucumber. Garnish with ¼ grape tomato.
4. Transfer cucumbers to a serving tray.

SERVES: 20 portions

NUTRITION: 70 Calories, 5 g Fat, 1 g Saturated Fat, 0 g Trans Fat, 0 mg Cholesterol, 150 mg Sodium, 5 g Carbohydrate, 1.5 g Dietary Fiber, 2 g Protein

WEIGHT WATCHER SMARTPOINTS = 2

ALLERGENS: None