

Cucumber CANAPE WITH HERBED CREAM CHEESE

Healthy, tasty, quick & adorable.

This cucumber recipe is a quadruple threat & will quickly become your go to appetizer for any party!



Prep time: 10 minutes
Cook time: N/A
Serves: 8 People

DIRECTIONS:

- Wash and slice cucumbers ¼ inch thick (approximately 18 slices per cucumber).
- In a food processor add cream cheese, lemon juice, fresh dill, salt & cayenne pepper to taste. Blitz for 30 seconds and place into a piping bag.
- Arrange cucumbers on a platter and pipe the cream cheese mixture onto every slice.
- Garnish with roasted red bell peppers.

INGREDIENTS:

- 1 English Cucumber
- 1/4 Roasted Red Bell Pepper
- 8 oz. cream cheese, softened
- 1 tsp. lemon juice
- 1 tsp. fresh dill, minced
- Salt & cayenne pepper to taste

CHEF'S TIP:

To add another layer of flavor you can add smoked salmon into the cheese mixture.

Nutrition Facts	
Serving Size (75g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 3g	
Vitamin A 6%	Vitamin C 8%
Calcium 6%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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