

Recipe of the Week

Creamy Cucumber Chive Cups

Fresh light hors d'oeuvres topped with smoked salmon, chopped olives or our exceptional ham.

Makes 24

Ingredients

3 cucumbers
3/4 cup lowfat cottage cheese
1/4 cup nonfat plain yogurt
3 tablespoons finely chopped chives, divided
1/8 teaspoon freshly ground black pepper
3 to 4 dashes hot sauce (optional)
1/2 cup (2 ounce) flaked Changing Seas Hot Roasted Smoked Salmon or finely chopped pitted Kalamata olives or
Wellshire Spiral-Sliced Ham



Method

Trim off the ends of each cucumber. Using a vegetable peeler, remove 3 evenly-spaced strips of peel from each. To make cucumber cups, cut each crosswise into 1-inch-thick slices and use a teaspoon to remove the seeds from the center of each without cutting through to the bottom. Transfer to a platter; set aside. In a food processor, purée cottage cheese, yogurt, 2 tablespoons chives, pepper and hot sauce. Spoon mixture into cucumbers, top with a sprinkling of salmon, olives or ham and garnish with remaining chives. Cover and chill for 1 to 2 hours before serving. (Filling can be made up to 1 day ahead.)

Nutrition - Per serving (about 1oz/29g-wt.): 15 calories (5 from fat), 0.5g total fat, 0g saturated fat, 0mg cholesterol, 35mg sodium, 2g total carbohydrate (1g dietary fiber, 0g sugar), 1g protein

<http://www.wholefoodsmarket.com/recipes/2781>



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