

HEART-HEALTHY* WALNUT RECIPE

Greek Cucumber Walnut Bites

Great as an afternoon snack or appetizer, these crisp cucumber cups are filled with roasted red pepper hummus and topped with tomatoes, crumbled feta and chopped walnuts for added crunch.



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Recipe By Beth Stark, RDN, LDN

INGREDIENTS

- ½ C California walnuts, toasted, chopped (8 tablespoons)
- 1 English cucumber, ends trimmed (about 14 ounces)
- ½ C Roasted red pepper hummus
- ¼ C Feta cheese, reduced-fat, crumbled
- 5 Cherry tomatoes, quartered

PREPARATION: 17 minutes **COOK:** 8 minutes

TOTAL TIME: 25 minutes **SERVINGS:** 6

DIRECTIONS

1. Preheat oven to 350°F
2. Arrange walnuts evenly on a small baking sheet. Bake 8 minutes, checking frequently, until toasted. Let cool and chop.
3. Slice cucumber crosswise into 18 slices, ¾-inch thick. Using a small spoon, gently scoop out and discard the center of each cucumber slice, leaving bottom and sides intact.
4. In a small bowl, stir 6 tablespoons chopped walnuts and hummus. Spoon walnut-hummus mixture into each cucumber slice and top with 2 reserved tablespoons of chopped walnuts, feta cheese and quartered tomatoes.

Nutrition Information Per Serving: 130 calories, 11g total fat, 1g saturated fat, 4g polyunsaturated fat, 150mg sodium, 6g total carbohydrates, 2g dietary fiber, 1g total sugars, 5g protein

*California walnuts are certified by the American Heart Association® Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guidelines. Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts offers 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3.

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