



## Stuffed Cucumber Cups

1 to 2 English cucumbers

1 tbsp chopped onion or green onions

1 clove finely minced garlic

1 large tomato

1 tbsp fresh basil

1 tbsp minced sun-dried tomato

1 to 2 tbsp Parmesan- optional

Olive oil- about 1 tbsp or so

Lemon juice- to taste

Seasonings to taste- salt, pepper, garlic & Italian spice

**Tools-** cutting board, melon baller, knife, a bowl

### Procedure:

1. Create cucumber cups by cutting the cucumbers to about 1.5 inches in height. Carefully hollow them out using the melon baller tool. While doing this step, try not to pierce the bottom of each cucumber cup. Set aside
2. Dice the hollowed melon innards & any remaining cucumber bits
3. Dice the tomato & chop the basil. Make little ribbons for a more elegant presentation (chiffonade)
4. Minced the garlic & onion
5. Season to taste with the spices

- Add the olive oil & lemon juice to taste. This can be substituted with Italian dressing for a quick & tasty option.