

# Cucumber Rounds

Recipe courtesy Good Start Program.



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Total time: 10 min

Preparation: 10 min

Cooking: 0 min

Created by: QAST

Serves: 4

Category: Snacks

Level: Easy

## Ingredients

- 1 unit Cucumber - medium size
- 1 unit Cottage cheese
- 1 unit Corn kernels
- 1 unit Carrot, grated
- 1 unit Cherry tomatoes, punnet

## Recipe

1. Cut cucumber into 1cm thick slices.
2. Slice cherry tomatoes in half.
3. Grate carrots and drain corn kernels.
4. Assemble ingredients onto cucumber slices.

## Full description

A fresh and tasty catering idea from the Good Start Programs recipe book Good Start Kai - healthy recipes for healthy Maori and Pacific Islander families.

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