

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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