

Herbed Cucumber Slices (Healthy Starter Recipe)

by Tarla Dalal



Ingredients

- 1 small **red capsicum**
- 1/4 tsp **oil** for greasing
- 1 cup cooked **chick peas (kabuli chana)**
- 1 1/2 tsp **lemon juice**
- 1 tbsp **thyme**
- 1 tsp **crushed garlic (lehsun)**
- 1 tbsp **olive oil**
- a pinch **freshly ground black pepper powder**
- salt** to taste
- 1 cup thickly sliced unpeeled **cucumber** (approx. 20 slices)

For The Garnish

- a few sprigs of **parsley**

Method

1. Apply ¼ tsp of oil evenly over the red capsicum. Pierce it with a fork and roast it over an open medium flame till it turns black.
2. Immerse it in water and remove the skin, stem and seeds and cut into thin strips. Keep aside for the garnish.
3. Combine all the ingredients, except the cucumber slices and blend in a mixer to a smooth mixture.
4. Arrange the cucumber slices on a flat dry surface and top each cucumber slice with little mixture.
5. Serve immediately garnished with red capsicum strips and parsley sprigs.

Nutrient values Per Slice

Energy	Protein	Carbohydrates	Fat	Fibre	Folic acid
23 calories	0.8 gm	2.8 gm	1.0 gm	0.2 gm	8.5 mcg