



Seafood Salad Cucumber Cups

By Katie Ferraro, MPH, RD, CDE



Servings: 6

Ingredients	Nutrient value per serving Serving Size = 4 cucumber cups
<p>2 English (seedless) cucumbers, approx. 12 in. each ½ lb. (8 oz.) packaged surimi ½ c. celery, chopped ¼ c. + 2 T. green onions, chopped ½ t. garlic powder ½ t. black pepper ½ c. canola oil mayonnaise</p>	<p>Exchanges 1vegetable 1 protein 1 fat Calories105 Calories from Fat.....55 Total Fat.....6 g Saturated Fat0 g Cholesterol.....14 mg Sodium430 mg Carbohydrate7 g Fiber1 g Sugar 1 g Protein.....5 g</p>
Instructions	Notes
<p>1. Chop off the ends of each cucumber and discard. Cut each cucumber into 12 equal-sized round slices (approx. 1-in. slices). Using a melon baller, scoop out the center of the cucumber slices, leaving enough cucumber on the bottom for the case of the cup. 2. In a food processor, combine surimi, celery, ¼ c. green onions, garlic powder, black pepper and mayo. Pulse 10-15 times or until combined. 3. Using a spoon, scoop seafood salad into cucumber cups. Garnish with remaining 2 T. of green onion. 4. Refrigerate until ready to serve.</p>	<p>Prep and cook time: 30 min.</p> <p>Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</p> <p>Cucumber cups transform this high-protein seafood salad into great finger food.</p> <p><i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. Check the label on each ingredient to make sure the brand you are using does not contain these grains in any form (flour, bread stuffing, bran germ, malt, starch, etc.).</i></p>