

## Cucumber Canapes



### Makes:

36 appetizers, 1 per serving

### Utensil:

1 Qt./9 L Sauce Pan with Cover  
5 Qt./4.7 L Multi-Purpose Oil Core  
large mixing bowl

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### Recipe:

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$\frac{1}{3}$  cup  
long grain rice  
(62 g)  
 $\frac{2}{3}$  cup  
water  
(160 mL)  
1 large  
tomato, peeled and diced  
 $\frac{1}{2}$  cup  
fresh parsley, chopped  
(120 mL)  
 $\frac{1}{3}$  cup  
green onions, chopped  
(80 mL)  
 $\frac{1}{4}$  cup  
fresh mint, chopped  
(60 mL)  
2 cloves  
garlic, grated, use Cone #1  
3 tablespoons  
plain yogurt, nonfat  
(45 mL)  
1 tablespoon  
lemon juice  
(15 mL)  
1 tablespoon  
olive oil  
(15 mL)  
 $\frac{1}{4}$  teaspoon  
white pepper  
2-3 cucumbers

**Directions:**

1. Place rice and water in MP5. Set digital heat control setting to RIC1 and cook. Or place rice and water in 1 quart sauce pan over medium heat and cover. When Vapo-Valve™ sounds reduce heat to low and simmer for 12 minutes or until rice has absorbed water and is tender. Remove from heat, let stand covered for 5 minutes, then remove cover and transfer to large bowl. Cool to room temperature.
2. When rice is cooled, fluff with a fork and add all ingredients except cucumbers.
3. Cut cucumber crosswise into ½-inch slices. Hollow out center of each slice, leaving bottom intact. Fill each cucumber slice with scant tablespoon of rice mixture.

**Tips:**

- Can substitute yogurt with low-fat sour cream.
- To create a fancier look to the cucumber: before slicing, take a fork and run the tines along the length of the cucumber, applying pressure to the head of the fork. Continue until the entire cucumber is scored with the lines. Then cut cucumber crosswise into slices.
- Can garnish with mint leaves.

Nutritional Information per▼ Serving

**Calories:** 12  
**Total Fat:** 0g  
**Saturated Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 3mg  
**Total** 2g  
**Carbs:**  
**Dietary Fiber:** 0g  
**Sugar:** 1g  
**Protein:** 0g