

TRIPLE LAYER BC VEGGIE BITES



Yields:

8-10 servings as a light appetizer

INGREDIENTS

1	BC Greenhouse Long English Cucumber, cut into thick 1/2-inch rounds with the centre scooped out	1
1	Red or Yellow BC Bell Pepper, roasted with outer skin peeled off-small dice	1
1	Red or Yellow BC Tomato, small dice	1
½ cup	Crumbled BC Feta Cheese	125 ml
10 leaves	Fresh BC Basil for garnish	10 leaves
For Baba Ghanoush		
1	Medium-Large BC Eggplant	1
2 tbsp	Tahini Paste	30 ml
¼ cup	Fresh BC Parsley, chopped	60 ml
	Juice from ½ a lemon	
1 clove	BC Garlic, minced	1 clove
2 tbsp	Olive Oil	30 ml
To Taste	Salt and Pepper	To Taste



DIRECTIONS

1. Preheat the oven to 400 degrees F (205 C). Cut the BC Eggplant in half lengthwise and roast until soft and tender, 30-40 minutes.
2. When cool enough to handle, scoop out the flesh from the eggplant and compost the purple skin.
3. Put the rest of the ingredients and the eggplant flesh into a food processor and blend until very smooth.
4. Chill in the refrigerator for 2 hours.
5. Using a small spoon or a pipping bag scoop eggplant mixture on top of each cucumber round and garnish with a small strip of roasted BC Bell Pepper, diced BC Tomato, crumbled BC Feta Cheese, and fresh BC Basil leaves.