

Cucumber Hummus Bites make the perfect finger food and appetizer for your next party or get together. Crisp cucumbers slices are topped with roasted red pepper hummus, tomatoes, feta cheese and fresh parsley.

INGREDIENTS:

- 1 English cucumber, sliced into thin rounds
- 1 - 10 oz. tub of Roasted Red Pepper Hummus
- 16 cherry tomatoes, cut in half
- 1 - 2 ounces crumbled feta cheese
- Freshly chopped parsley



INSTRUCTIONS:

1. Slice the cucumber into thin rounds and lay them out on serving platters. Using a small teaspoon spoon a small amount of the roasted red pepper hummus onto each cucumber slice.
2. Top with the cherry tomato half, crumbled feta cheese and the freshly chopped parsley.
3. Serve chilled or store in an airtight container before serving.

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*			
Amount per	27 g	Total Fat	0.5g	1%	Total Carbohydrates	1g	0%	
1 serving (0.9 oz)		Saturated	0.3g	2%	Dietary Fiber	0g	1%	
Calories	12	Trans Fat			Sugars	1g		
From fat	5	Cholesterol	2mg	1%	Protein	1g	1%	
<i>HappyForks.com</i>		Sodium	48mg	2%	Calcium	1%	Iron	1%
		Vitamin A	8%	Vitamin C	33%	* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.