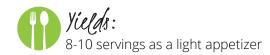


TRIPLE LAYER BC VEGGIE BITES



INGREDIENTS

BC Greenhouse Long English Cucumber, 1 cut into thick 1/2-inch rounds with the centre scooped out

1 Red or Yellow BC Bell Pepper, roasted with 1 outer skin peeled off-small dice

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 4 cup Fresh BC Parsley, chopped 60 ml

Juice from ½ a lemon

1 cloveBC Garlic, minced1 clove2 tbspOlive Oil30 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.

