

Cooking Demonstration Presented By:
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lenten_cookbook



GREEK SUSHI SALAD ROLLS

Ingredients:

2	medium	Seedless Cucumbers
1/4	pound	Kalamata Olives (pitted)
1	small	Shallots
1/2	pint	Grape Tomatoes
6	ounces	Crumbled Feta
1	cup	Greek Yogurt
1	teaspoon	EACH Minced Fresh Dill, Granulated Garlic

- Finely mince the Kalamata Olives & Shallots.
- Cut the Grape Tomatoes into thin slices.
- Mix together the Greek Yogurt, Fresh Dill & Granulated Garlic in a small bowl.

- Place the Cucumber on a flat surface. Using a vegetable peeler, peel long slices of cucumber from end to end without stopping; you may need to discard the first two slices. Lay the slices of cucumber on a paper towel and allow to dry for a few minutes; pat the top with another paper towel.
- To assemble, lay down two slices of cucumber on top of each other, overlapping them slightly. Using an offset spatula, butter knife or the back of a spoon spread a tablespoon of the yogurt/hummus from end to end. Sprinkle the minced ingredients over, including the crumbled feta.
- Grab the end of the cucumber slice closest to you and roll forward; roll firmly, but not to tight. Spear with a toothpick & serve. Opa!

MEDITERRANEAN CUCUMBER ROLLS

Ingredients:

2	medium	Seedless Cucumbers
1/4	pound	Green Olives (pitted)
6	ounces	Roasted Red Peppers
1	stalk	Green Onions
6	ounces	Crumbled Feta
1	cup	Prepared Hummus
1	clove	Fresh Garlic

- * Finely mince the Greek Olives & Roasted Red Pepper
- * Cut the Green Onions into thin slices.
- * Mince the Garlic (or use a garlic press) and mix together with the Hummus in a small bowl