

Cucumber Cups

Hors d'oeuvres needn't be complicated. This refreshing appetizer, for example, doesn't require any cooking: Cucumbers are simply washed, cut, and hollowed out, then filled with low-fat cottage cheese and topped with clover sprouts.

Ingredients

Makes 48.

- 2 seedless cucumbers (each 9 1/2 inches long), washed
- 1/2 cup low-fat cottage cheese
- **FOR THE GARNISH**
- Clover sprouts

Directions

1. Slice cucumbers in half lengthwise; trim ends. Cut each half into 3/4-inch pieces.
2. Scoop out the center of each piece of cucumber with a melon baller, and fill with about 1/2 teaspoon cottage cheese. Garnish with clover sprouts, and serve.

Source: www.marthastewart.com