

# Cucumber Boats

Fresh cucumber boats filled with your favorite toppings! A healthy, low-carb appetizer perfect for parties. Ready in 10 minutes with endless variations.

10 min

PREP

10 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 2 cucumber
- 1 tsp salt

## Instructions

- 1 Prepare the Cucumbers**

Wash 2 large cucumbers under cold running water and pat completely dry with paper towels.
- 2** Cut each cucumber in half lengthwise using a sharp knife to create 4 boat-shaped pieces.
- 3** Scoop out the seeds and center flesh using a spoon or melon baller, leaving 1/4-inch thick walls and creating a hollow boat shape.
- 4** Sprinkle 1 teaspoon of salt evenly inside all cucumber boats and let sit for 10 minutes to draw out excess moisture.
- 5** Pat the inside of each cucumber boat completely dry with paper towels to remove the salt and drawn-out moisture.
- 6 Fill and Serve**

Fill each cucumber boat with your desired filling, mounding it slightly above the cucumber edges.
- 7** Arrange the filled cucumber boats on a serving platter and serve immediately for best texture.

## Tips

Choose English or Persian cucumbers for the best results, as they have fewer seeds and a milder flavor than regular cucumbers.

Salt the hollowed cucumbers and let them sit for 10 minutes to draw out excess moisture, then pat dry for the crispest texture.

Use a melon baller or small spoon to easily scoop out cucumber seeds and create uniform boats.

Prepare all fillings in advance, but assemble the boats just before serving to prevent them from becoming watery.

Add texture and visual appeal by incorporating colorful vegetables like cherry tomatoes, bell peppers, or shredded carrots into your fillings.

For extra stability, trim a small slice off the bottom of each cucumber boat so they sit flat on the serving platter.

Boost protein content by adding chickpeas, quinoa, hard-boiled eggs, or nuts to make the boats more substantial.

Drizzle with olive oil, balsamic glaze, or lemon juice just before serving to enhance flavors and add visual appeal.