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r/veganrecipes



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r/veganrecipes • 2 yr. ago

5000gayspiders



Recipes for cooked or pureed cucumber?

Question

My wife has a medical situation ongoing that has resulted in a lot of restrictions on what she can eat. She is working with a dietician, but the recipe ideas she has are.... becoming tedious. We're working on expanding her options without venturing outside the rules.

I have a bunch of cucumbers that she can't really eat raw unless they are shredded or pureed. Normally I'd make an agua fresca, but sugary beverages are a no go, and she needs to keep her fiber intake up so I don't want to take out the bulk of said fiber.

I've already sorted out a version of tzatziki that she can eat, but I need help brainstorming additional ideas!

ANY recipe helps!

I won't share her full list of restrictions because it's too onerous to even type. 🙏 Even if it doesn't exactly fit what she can eat I can usually glean a flavor profile/cooking method from it.

18

23



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Adenosine01 • 2y ago

Cucumber salad?



Reply

5000gayspiders **OP** • 2y ago

[Skip to main content](#)[Log In](#) 4   Reply ... 4 more replies**lugdunum_burdigala** • 2y ago

Tzatziki is the obvious thing to do with shredded cucumber but you already thought of it. I like to also make tzatziki potato salad when I want something filling.

I guess you could also do a green gazpacho with the raw cucumbers, or incorporate them in a traditional gazpacho.

  4   Reply ...**5000gayspiders** [OP](#) • 2y ago

Love these ideas!!! Thanks!

 1   Reply ...**stoleyourtoenail** • 2y ago

Oi NaengGuk - korean cucumber soup with ice. It seems weird, but it is really good and perfect for the summer

  12   Reply ...**5000gayspiders** [OP](#) • 2y ago

Oh this is awesome, thank you!!

 2   Reply ...**menki_22** • 2y ago

gazpacho is nice in the summer

 7   Reply ...**alcibiad** • 2y ago

Roasted red pepper and cucumber gazpacho.

 3   Reply ...**tyelenoil** • 2y ago

Gazpacho - you can truly make it with a lot of variation depending on her restrictions. The classic is cucumber tomato garlic bell pepper breadcrumb salt pepper and olive oil.

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That seems to be the ticket- I never even realized that cucumber was in it! A green gazpacho is in the works for this weekend.

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r/cookingforbeginners • 2 yr. ago

Does anyone know a cucumber recipe that is NOT a salad or sauce?

75 upvotes · 132 comments



r/cocktails • 8 yr. ago

Best ways to get cucumber flavor in cocktails?

13 upvotes · 19 comments



r/fermentation • 12 days ago

What is your perfect fermented cucumber recipe?

18 upvotes · 27 comments



r/cocktails • 5 yr. ago

Cucumber syrup, if you're over muddling.

27 upvotes · 11 comments



r/recipes • 6 yr. ago

What can I do with ungodly amounts of cucumbers?

288 upvotes · 223 comments



r/goodrestrictionfood • 2 yr. ago

Nice way to add taste to cucumbers?

52 upvotes · 71 comments

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18 comments



r/MoldlyInteresting • 7 mo. ago

Left a cucumber out for two weeks – never seen food spoil like this before!

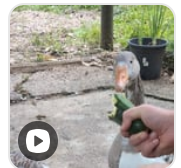
343 upvotes · 23 comments



r/geese • 4 mo. ago

Cucumbers are their favourite treat

229 upvotes · 12 comments



r/Mixology • 5 yr. ago

I'm looking to make a muddled cucumber simple syrup, looking for advice on execution.

12 comments



r/Cooking • 1 yr. ago

Uses for Pureed Zucchini?

22 upvotes · 42 comments



r/Cooking • 3 yr. ago

cucumber puree

1 upvote · 6 comments



r/Cooking • 1 yr. ago

What to cook with a lot of zucchini.

9 upvotes · 55 comments



r/ShittyRestrictionFood • 10 mo. ago

i had the epiphany i can use cucumber instead of lettuce

311 upvotes · 10 comments



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95 upvotes · 15 comments



r/ShittyRestrictionFood • 3 mo. ago

Sometimes you need to eat an entire cucumber when you crave chocolate



142 upvotes · 21 comments



r/ • 10 mo. ago

Puree

3 upvotes · 13 comments



r/ • 3 mo. ago

What should I do with several pounds of cucumbers?

7 upvotes · 36 comments



r/veganrecipes • 10 mo. ago

Any simple/fast recipes using zucchini and yellow squash?

15 upvotes · 25 comments



r/MealPrepSunday • 1 yr. ago

Best method for prepping zucchini and squash?

10 upvotes · 17 comments



r/ • 2 yr. ago

Are there any healthier alternatives to bread? In a little pickle here

33 upvotes · 86 comments



r/ • 2 yr. ago

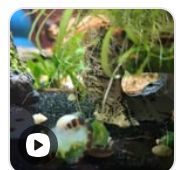
Excess of cucumbers - What to do besides make pickles?

2 upvotes · 17 comments



r/loaches • 2 mo. ago

Didn't know they would like cucumbers



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zucchini recipes

62 upvotes · 55 comments



r/veganrecipes • 2 days ago

Coworker grew a tonne of courgettes, here's what I did with my ones

1.9K upvotes · 30 comments



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