

Cucumber, tomato & sausage bites



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Preparation 12 mins | Makes 12

Kids love these quick & easy bites. Use leftover cooked sausages. They're ideal for the lunch box or after school snack.

- 4 cooked reduced fat chicken sausages, chilled
- 2 Lebanese cucumbers
- 12 mini roma tomatoes, cut in half
- Tomato sauce, to serve

STEP 1 Using a vegetable peeler, cut cucumber lengthways into thin ribbons. Cut each sausage into 3 pieces.

STEP 2 Thread sausages, cucumbers and tomatoes onto small bamboo skewers or paddle-pop sticks. Serve with tomato sauce.

Good for you...

LEBANESE CUCUMBERS

A good source of vitamin C. One of the many functions of vitamin C is the normal formation of collagen which is important for healthy teeth, gums and skin.

