## Roasted Red Pepper Cucumber Shots



### What You'll Need

› 3 tbsp white onion, finely chopped
› 1 roasted red pepper, seeds removed, drained and chopped
› 2 tbsp dill, chopped
› 2 tsp maple syrup
› 1 1/2 cups full-fat yogurt, drained (will make 1 C 1 1/4 cups when drained)
› 1/2 can crabmeat, drained and chopped
› 1/8 tsp cayenne powder (optional)
› 1 tbsp lemon juice
› Sea salt and pepper
› 1 cucumber
› Paprika for garnish (optional)
› Option: 1/2 celery stalk, chopped

### Directions

1. Cut the cucumber into 1½ inch pieces. Scoop out the center with a melon baller, making sure to leave the bottom intact to create a cucumber shot glass. Set aside.
2. Place the drained yogurt, onions, roasted red pepper, crab meat, cayenne, maple syrup and lemon juice in a bowl. Mix all together.
3. Season with sea salt and pepper to taste. Scoop or pipe the mixture in the cucumber shot glasses. Serve.

**Tip**: This makes a great treat for the kids. They will enjoy helping to make the cucumber shot glasses. If crabmeat is not to their liking, use chopped celery instead.
**To roast a red pepper**: Cut the red pepper in half and remove the seeds. Flatten the two pieces of red pepper and place on a tray. Put the tray under the broiler and blacken the skin. Let cool and peel off the skin. Use as directed in the recipe.
**To drain the yogurt**: Place a tea towel over a bowl and secure with an elastic. Put 1 1/2 cups full-fat yogurt on top of the tea towel. Allow the yogurt to drain at room temperature for at least 2 hours to thicken the yogurt. The longer it sits, the thicker the yogurt will get and can be as thick soft cream cheese.