

# Cucumber Rolls - A LOW CARB Sushi Roll

Servings: Makes 6 servings / (About 20-24 rolls)

Nutrition: 166 calories;

Carbs: 10g, Protein: 6g, Fat: 12g, Saturated Fat: 5g, Fiber:3g, Sugar 4g

## Ingredients

- 2 large English cucumber
- 4 oz whipped cream cheese
- 1 tsp sriracha
- ¼ tsp ginger powder—prefer fresh ginger for robust flavor
- 4 oz smoked salmon
- 2 carrot sticks- *cut into matchstick sized slices*
- 1 red pepper- *cut into matchstick sized slices*
- 1 avocado- thinly sliced
- Toasted sesame seeds - for sprinkling



## Instructions

1. Trim the ends off the cucumbers, then use a vegetable peeler to slice the cucumber into thin flat strips. YOU MAY ALSO USE A MANDALIN 😊 1/8 INCH\* \* \* Continue until you reach the center of the cucumbers. Then flip it over and repeat
  - You can discard the first skin peel and should have about 8-12 strips per cucumber
2. In a small bowl, mix the cream cheese with the sriracha and ginger powder and stir until well combined and smooth.
3. To assemble the rolls, lay the cucumber slices down, spread the cream cheeses mixture on top. Then place the smoked salmon, carrot sticks, red pepper sticks and avocado slices on the top half of the cucumber slice. Starting from the top half, carefully roll the cucumber slices tightly.
4. Place them upright on a plate and sprinkle toasted sesame seeds on top, if desired. Makes about 20-24 rolls.

NOTES: Store any leftovers in an airtight container. They will last up to 2 days in the fridge. If you don't use any avocados, they will last up to 4 days in the fridge. (You can always cut up avocado and slice it on top when ready to eat) \*\* Save your pit and saran wrap the leftovers to keep the avocado longer\* \*

Substitutes: For best results, follow the recipe as is. There are many different vegetables, spreads and seafood or other-ins that would work well in this recipe with the cucumbers. 😊