



Cali' Crab Cucumber Roll



Entire recipe: 252 calories, 8g total fat (1g sat. fat), 762mg sodium, 32.5g carbs, 5g fiber, 13.5g sugars, 12g protein

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Prep: 10 minutes



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Ingredients

2 medium-large cucumbers (about 10 oz. each)
1/2 oz. (about 1 tbsp.) mashed avocado
1 tbsp. light mayonnaise
1/2 tsp. plain rice vinegar
4 oz. (about 2/3 cup) imitation crabmeat, finely chopped or shredded
3 tbsp. finely chopped carrot
2 tbsp. chopped scallions

Directions

Halve cucumbers widthwise. Gently scoop out and discard the pulp, leaving about a 1/4-inch border inside each half. Set cucumber halves cut side down on a layer of paper towels to let the excess water drain.

In a medium bowl, combine avocado, mayo, and vinegar. Mix until uniform. Stir in crab, carrot, and scallions.

Gently pat cucumbers dry. Fill with crab salad, packing it in firmly with the back of a spoon.

Slice into sushi-size pieces, about 3/4-inch thick, discarding the ends.

MAKES 1 SERVING

Not sure how to do it? [Watch this video](#), and we'll walk you right through the recipe!

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