



Smoked Salmon Cucumber Roll



Entire recipe: 254 calories, 14g total fat (6.5g sat. fat), 829mg sodium, 14.5g carbs, 3.5g fiber, 8.5g sugars, 17g protein

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Prep: 10 minutes



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Ingredients

2 medium-large cucumbers (about 10 oz. each)
1/4 cup whipped cream cheese
2 oz. smoked salmon, chopped
2 tbsp. canned sliced water chestnuts, drained and chopped
2 tbsp. fresh dill
Optional topping: everything bagel seasoning

Directions

Halve cucumbers widthwise. Gently scoop out and discard the pulp, leaving about a 1/4-inch border inside each half.

In a medium bowl, combine all remaining ingredients. Mix until uniform.

Gently pat cucumbers dry. Fill with smoked salmon mixture, packing it in firmly with the back of a spoon.

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

MAKES 1 SERVING

HG Tip: Use an apple corer to easily remove the pulp from your cukes! Alternatively, use the tip of a small spoon or knife.

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