

Refreshing Low-Cal Cucumber Rolls

These delightful cucumber rolls are a light and refreshing snack, perfect for a healthy appetizer or a quick lunch. Packed with flavor and low in calories, they are a great way to enjoy fresh vegetables.


15 min

Total time

easy

Difficulty

120

kcal / serving

Ingredients

- 1 large cucumber
- 100g cream cheese (low-fat)
- 1 tablespoon fresh dill, chopped
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Optional: sliced bell peppers or smoked salmon for filling

Steps

- 1 Slice the cucumber lengthwise into thin strips using a vegetable peeler or mandoline.
- 2 In a bowl, mix the cream cheese, dill, lemon juice, salt, and pepper until well combined.
- 3 Spread a thin layer of the cream cheese mixture on each cucumber strip.
- 4 If desired, add a few slices of bell pepper or smoked salmon on top of the cream cheese.
- 5 Roll up each cucumber strip tightly, securing with a toothpick if necessary.
- 6 Arrange on a plate and serve immediately, or chill for 15 minutes before serving.