



Deli Roll-Ups

10 Servings • 1 Serving = 2 Roll-Ups

INGREDIENTS

- ½ cup low-fat cream cheese, softened
- ½ teaspoon dried chives
- Freshly ground black pepper, to taste
- 20 slices of uncured natural ham or turkey
- 1 cucumber, cut into matchsticks
- 1 carrot, cut into matchsticks

DIRECTIONS

1. In a small bowl, combine the cream cheese and dried chives. Season with pepper and mix well to combine.
2. Place the slices of ham or turkey on a dry cutting board and dry them using a paper towel.
3. Thinly spread the cream cheese, about 2 teaspoons, over the ham or turkey slices, leaving about ½" edges without cream cheese.
4. Place 2-3 slices of cucumber and carrots on the clean side. Starting with the vegetable side, fold the end up and roll up until closed.
5. Use toothpicks to secure.

Nutrition Facts	
10 servings per container	
Serving size	2 Roll-ups
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mg	0%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 95mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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