

Deli Roll-Up

10 Servings • 1 Serving = 2 Roll-Ups

Tips on Cucumber



How To Store

Store in the refrigerator, preferably in the crisper drawer & use within 1 week.



How To Use

Enjoy raw in salads, sandwiches, & snacks, or add to salsas, wraps, & refreshing drinks.



Health Benefits

Low in calories & provide water, vitamin K, & antioxidants that support hydration, bone health, & overall wellness.

INGREDIENTS

- ½ cup low-fat cream cheese, softened
- ½ teaspoon dried chives
- ¼ teaspoon black pepper
- 20 slices of uncured natural ham or turkey
- 1 ½ cups cucumber, deseeded and cut into matchsticks
- 1 cup carrots cut into matchsticks
- ½ cup red bell pepper, sliced 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 (116g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 540mg 23%

Total Carbohydrate 6g 2%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.2mg 2%

Potassium 140mg 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.



FIND MORE RECIPES

SCAN THE QR CODE OR VISIT
chefsfa.org/recipes



www.chefsfa.org
5200 Historic Old Hwy 90
San Antonio, TX 78227

The Culinary Nutrition Education
Program Of The San Antonio Food Bank

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Rollito de Deli

10 Porciones • 1 Servicio = 2 Rollitos

Consejos sobre Pepino



Cómo almacenar

Guárdalo en el refrigerador, preferiblemente en el cajón para verduras, y úsalo dentro de 1 semana.



Cómo utilizar

Disfrútalo crudo en ensaladas, sándwiches y aperitivos, o agrégalo a salsas, wraps y bebidas refrescantes.



Beneficios de la salud

Bajas en calorías y aportan agua, vitamina K y antioxidantes que ayudan a la hidratación, la salud ósea y el bienestar general.

INGREDIENTES

- ½ taza de queso crema bajo en grasa, suavizado
- ½ cucharadita de cebollino seco
- ¼ cucharadita de pimienta negra
- 20 rebanadas de jamón o pavo natural sin curar
- 1 ½ tazas de pepino, sin semillas y cortado en tiras
- 1 taza de zanahorias cortadas en tiras
- ½ taza de pimiento rojo, cortado en tiras

DIRECCIONES

1. Direcciones

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