

A close-up photograph of four cucumber bell pepper roll ups on a white tray. Each roll up is made of three layers of cucumber slices with a filling of white cream cheese and shredded carrots. A slice of bell pepper is used as a garnish on top of each roll up. The background is a blurred window with greenery outside.

## **CUCUMBER BELL PEPPER ROLL UPS**

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**Prep time:** 10 Minutes

**Cook time:** N/A

**Servings:** 6 People

## INGREDIENTS:

1 English Cucumber

1 Red Bell Pepper

1 cup ricotta cheese

2 tsp. powdered sugar

## CHEF'S TIP:

For a vegan option, you can use hummus and apples as filling instead of ricotta cheese and Bell Peppers.

## DIRECTIONS:

Using a vegetable peeler, thinly slice the English Cucumber lengthways into slices that are 1/16 inches thick.

Place the cucumber slices on your cutting board and pat them dry with a paper towel.

Slice half the Red Bell Pepper into slivers and set aside until it's time to roll up the Cucumbers. Dice the remaining part of the Red Bell Pepper.

In a bowl combine the diced Bell Peppers, ricotta cheese, and powdered sugar. Mix all of these ingredients together.

Place 1 tablespoon of the ricotta cheese filling and the slivered Bell Peppers on the closest end of each Cucumber slice to you.

Roll the Cucumber slice away from you and prop it up on a serving platter.

Chill your Cucumber Bell Pepper Roll Ups in the fridge until you are ready to serve.