

CUCUMBER BELL PEPPER ROLL UPS



Prep time: 10 minutes
Cook time: N/A
Serving: 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.

Nutrition Facts

Serving Size (123g)
 Servings Per Container

Amount Per Serving

Calories 50 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 50mg 2%

Total Carbohydrate 8g 3%

Dietary Fiber 1g 4%

Sugars 6g

Protein 5g

Vitamin A 6% • Vitamin C 6%

Calcium 15% • Iron 2%

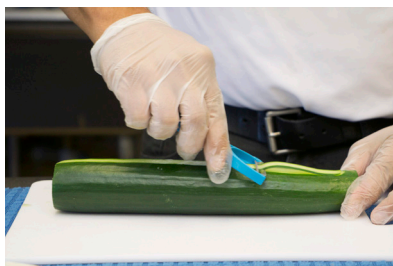
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

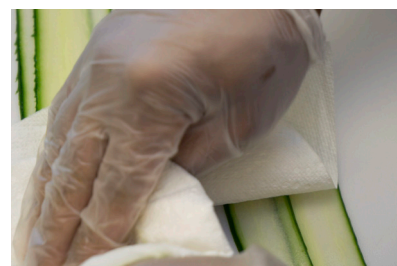
DIRECTIONS:

1



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

2



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

3



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.

4



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

5



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

6



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.