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Description

These Turkey Cheese & Cucumber Roll-Ups bring together crisp, refreshing cucumber strips, savory deli turkey, and creamy cheese for the ultimate low-carb snack. Every bite offers a satisfying crunch paired with a rich, savory finish that keeps your taste buds happy without weighing you down. High in protein and naturally low in carbs, this quick recipe is perfect for staying energized throughout your busiest days.

Can This Turkey Cheese & Cucumber Roll-Up Recipe Support Weight Loss Goals?

Yes, this recipe supports weight loss goals by leveraging a powerful combination of high protein and low dietary fiber-to-carb ratios. Lean turkey provides high-quality protein that helps promote satiety and keeps you feeling full longer, reducing the urge to snack on empty calories. Meanwhile, using fresh cucumber as the outer wrapper instead of refined grains keeps net carbs minimal, helping maintain steady energy levels.

Does Turkey Cheese & Cucumber Roll-Ups Fit a High-Protein Lifestyle?

These roll-ups fit seamlessly into a high-protein, low-carb lifestyle by delivering substantial muscle-building protein per serving with almost zero net carbs. Built around sliced lean turkey breast, real cheese, and hydrating cucumbers, the ingredients deliver clean nutrition without hidden sugars or heavy processed binders. They serve as an ideal go-to option for keto meal plans, post-workout fuel, or a quick protein pick-me-up.

My Personal Experience

- Crispy, Refreshing Texture: Using thinly sliced cucumber ribbons adds an unbeatable freshness that perfectly balances the rich savory layers of sliced turkey and cheese.
- Effortless Meal Prep: These take under ten minutes to roll up, making them my favorite hassle-free snack to pack for work or quick afternoon cravings.

Perfect For:

- High-protein snacks for work or school lunches
- Keto and low-carb daily meal plans
- Post-workout protein boosts
- Quick summer appetizers and party platters

Why You’ll Love This Recipe:

- No Cooking Required: You can assemble this fresh, high-protein snack in under ten minutes without ever turning on the stove.
- Low-Carb & Whole-Food Focused: By replacing flour tortillas with crisp cucumber slices, you drop net carbs significantly while maximizing fresh ingredient quality.

Common Mistakes to Avoid:

1. Using watery cucumber slices: Excess moisture will cause the roll-ups to slide apart, so make sure to pat your cucumber ribbons dry with a paper towel before assembling.

2. Slicing cucumbers too thick: Thick cucumber slabs will snap when rolled; use a Y-peeler or mandoline for flexible, uniform strips.

3. Overfilling the rolls: Stacking too many layers of meat and cheese makes rolling difficult and creates uneven bites.

4. Assembling too far in advance with salt: Adding salt directly to cucumbers hours ahead draws out water and softens the crunch.

Required Equipment:

- Y-Peeler or Mandoline Slicer: Creates thin, uniform cucumber ribbons that bend easily without breaking.

- Paper Towels: Absorbs excess cucumber surface moisture to keep your roll-ups intact.

- Toothpicks: Secures each finished roll-up so they remain tight and portable.

Storage Instructions:

Store leftover roll-ups in an airtight container lined with a dry paper towel in the refrigerator for up to 2–3 days. The paper towel absorbs extra moisture, keeping the cucumbers crisp and the turkey fresh. Freezing is not recommended, as freezing alters the cellular structure of cucumbers, making them watery and mushy upon thawing.

Recipe Details

- Preparation Time: 10 minutes

- Cooking Time: 0 minutes
- Total Time: 10 minutes
- Servings: 2
- Best Season for This Recipe: All-season (especially refreshing during Summer)
- Total Calories (Per Serving): ~210 kcal *(approximate estimate)*

Fresh cucumber ribbons wrapped around savory turkey breast and cream cheese create a crunchy, low-carb treat. It delivers clean protein and healthy fats in a bite-sized format that requires zero cooking time. Perfect for meal prep containers, afternoon pick-me-ups, or casual entertaining spreads.

 Ingredients:

- 1 large English cucumber *(Note: English cucumbers have thinner skin and fewer seeds, making them easier to slice into ribbons)*
- 6 oz deli turkey breast, thinly sliced
- 4 slices Swiss or Cheddar cheese *(or 4 tbsp cream cheese)*
- 1 tbsp Dijon mustard or light mayonnaise
- 1/4 tsp black pepper
- 1/4 tsp dried dill or crushed red pepper flakes *(optional)*

Directions:

1. Prepare the Cucumber: Trim the ends off the English cucumber. Using a Y-peeler or mandoline, slice the cucumber lengthwise into long, thin ribbons until you reach the

seedy center. Lay ribbons flat on paper towels and gently press top to absorb excess moisture.

2. Layer the Base: Lay 3–4 overlapping cucumber ribbons vertically on a clean cutting board to create a wide base.

3. Add Protein & Cheese: Spread a thin layer of Dijon mustard or light mayonnaise over the cucumber base. Lay slices of turkey breast and cheese evenly over top, keeping ingredients about half an inch from the edges.

4. Roll & Secure: Starting from the bottom edge, roll the cucumber tightly upward into a log. Insert toothpicks at 1-inch intervals along the roll to lock everything together.

5. Slice & Serve: Slice between the toothpicks using a sharp chef's knife to create bite-sized roll-ups. Serve cold immediately. *(High-protein cooking tip: Pat turkey dry as well to prevent any liquid from breaking down cheese adhesion).*

Nutrition Facts (Per Serving – Approximate):

- Calories: 210 kcal
- Fats: 11 g
- Cholesterol: 45 mg
- Sodium: 680 mg
- Potassium: 380 mg
- Total Carbohydrates: 4 g
- Fiber: 1 g
- Net Carbs: 3 g

- Sugars: 2 g
- Protein: 24 g
- Calcium: 200 mg

Notes:

- Storage Tips: Keep roll-ups cold in an airtight container with a paper towel on the bottom to retain crispness.
- Reheating Instructions: Do not reheat; this dish is intended to be enjoyed cold or chilled.
- Allergy Notes: Swap dairy cheese for dairy-free cheese slices or avocado spread to keep this recipe dairy-free.
- Flavor Boosts: Everything bagel seasoning, hot sauce, or fresh basil leaves added inside the roll elevate the flavor profile instantly.