

Chicken Cucumber Rolls



High in protein and low in carbohydrates, these chicken cucumber rolls are perfect as a light and refreshing appetizer, or even as a snack. A simple and tasty idea, ideal for reusing leftover cooked chicken. An eco-friendly recipe approved by our nutritionists! To increase satisfaction, pair it with our [Caramelized Onion and Fata Dip](#) or our [Greek Yogurt Ranch Dip](#).

Preparation 15 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 195

Fat 6

Carbohydrates 5

Fibre 1

Protein 30

Sodium 200

Ingredients

- 1 English cucumber

- 30 ml (2 tbsp) light cream cheese
- 2 cooked chicken breasts, shredded
- 30 ml (2 tbsp) light mayonnaise
- 30 ml (2 tbsp) plain 0% Greek yogurt
- 60 ml (¼ cup) red onion, finely chopped
- 1 celery stalk, finely chopped
- 15 ml (1 tbsp) fresh chives, finely chopped
- Salt and pepper, to taste
- Hot sauce, to taste

Optional accompaniment

- Whipped feta dip
- Everything bagel seasoning
- Hot sauce

Preparation

1. Using a vegetable peeler or a mandoline, slice the cucumber into long, thin strips.
2. On a sheet of parchment paper, arrange the strips side by side, overlapping slightly to form a large rectangle, sushi mat style. Pat dry with a paper towel to remove excess moisture.
3. Spread the cream cheese over the first third of the cucumber surface.
4. In a medium bowl, combine the chicken, mayonnaise, yogurt, onion, celery, and chives. Season with salt, pepper, and hot sauce.
5. Spread the chicken mixture evenly over the cream cheese layer.
6. Roll tightly using the parchment paper, sushi-style, keeping the strips together with your fingers.
7. Slice into 2.5 cm (1 in) thick pieces and serve.

8. Serve immediately or refrigerate in an airtight container until ready to serve. Top with hot sauce and bagel seasoning if desired.

Notes

Keeps for 3 days in the refrigerator in an airtight container. Do not freeze.



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire

Registered Dietitian Nutritionist in Quebec City