Cucumber Roll-ups

Ingredients

- 2 seedless cucumbers
- 1 cup hummus
- 1/2 cup tomato sauce, sun dried

Helpful Tips

- Carefully slice the cucumber to keep the ribbons in tact.
- You can stack multiple ribbon slices top make a thick cucumber roll-up.

Equipment Needed

- Large vegetable peeler or mandolin
- Knife
- Spoon

Directions

- Slice cucumber into ribbons using a vegetable peeler or mandolin
- Spread thin layer of hummus in the middle of the cucumber slice and roll.
- Top the cucumber roll-up with a sun-dried tomato sauce and serve.

Nutrition Information Available Upon Request
www.nourishprogram.org