

LOW CARB TURKEY PESTO ROLL UP



INGREDIENTS

ITEM

Cucumber (5-6 Long Slices)
Deli Turkey (Nitrate and Additive Free)
Cheddar Cheese for Maintenance
Arugula Pesto
Red Bell Pepper, Sliced Into Matchsticks
Baby Spinach or Mixed Greens
Salt And Pepper

QUANTITY

1
2 oz.
1 oz.
1 Tbsp.
1
1
To Taste



PREPARATION

- 👉 Lay the cucumber slices flat on a clean surface.
- 👉 Spread a thin layer of arugula pesto on each cucumber slice.
- 👉 Place a slice of deli turkey on top of the pesto-covered cucumber slice.
- 👉 Add a few slices of red bell pepper on top of the turkey.
- 👉 Layer some baby spinach or mixed greens on top of the bell pepper.
- 👉 If desired, add a slice of cheddar cheese on top of the greens (maintenance).
- 👉 Season with a pinch of salt and pepper.
- 👉 Starting from one end, carefully roll up the cucumber slice with the filling inside, forming a tight roll.
- 👉 Repeat the process with the remaining cucumber slices and filling ingredients.
- 👉 Enjoy!