



CUCUMBER TURKEY ROLL-UPS

INGREDIENTS

ITEM

Sliced Lean Turkey Breast
Whipped Low-fat Cream Cheese or Laughing
Cow Cheese
Cucumber, cut into thin strips
Chopped Fresh Chives
Everything Bagel Seasoning, to taste
Fresh Cracked Black Pepper

QUANTITY

4 Oz.
2 Tbsps.

½
1 Tbsp.

SERVING SIZE

1

PREPARATION

- 👉 Heat a large skillet over medium heat.
- 👉 Add the ground beef and cook until browned, breaking it apart with a spatula as it cooks.
- 👉 Drain any excess fat if needed.
- 👉 Add the onion and mushrooms and cook for 3–4 minutes until softened.
- 👉 Stir in the garlic and cook for 30 seconds until fragrant.
- 👉 Add the shredded cabbage and cook for 5–7 minutes, stirring occasionally, until the cabbage softens but still has some texture.
- 👉 Add soy sauce, Worcestershire sauce, smoked paprika, onion powder, salt, and pepper.
- 👉 Stir everything together and cook for another 1–2 minutes to allow flavors to combine.
- 👉 Top with green onions before serving.