

High Protein Cucumber Rolls: A Light, Protein-Packed Dinner

Looking for a nutritious, satisfying dinner idea that's low in carbs and high in protein? These High Protein Cucumber Rolls are the perfect option. Featuring Nutrafarm's pasture-raised chicken, fresh veggies, and a creamy cottage cheese dressing, these rolls combine flavour, nutrition, and convenience. Think of it as sushi for those who want something a little simpler yet equally delicious!

Ingredients

For the Rolls:

- 1 cucumber (thinly sliced into long strips)
- Whipped cream cheese
- Chicken salad (recipe below)
- Cottage cheese dressing (recipe below)

Chicken Salad:

- Shredded chicken breast (Nutrafarm's pasture-raised chicken)
- $\frac{1}{4}$ cup onion, finely chopped
- $\frac{1}{4}$ cup fresh cilantro, chopped
- $\frac{1}{2}$ avocado, mashed

Cottage Cheese Dressing:

- 1 cup cottage cheese
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{2}$ avocado
- 1 clove garlic, chopped
- Onion powder, to taste
- Fresh cilantro, chopped

- Lime juice, to taste
- Salt, to taste



Instructions

1. **Prepare the Cucumber Strips:** Thinly slice a cucumber lengthwise into long strips. A vegetable peeler or mandolin slicer works great for this.
2. **Make the Chicken Salad:** In a bowl, combine shredded chicken breast, chopped onion, cilantro, mashed avocado, and the cottage cheese dressing. Mix until well combined.
3. **Blend the Cottage Cheese Dressing:** In a blender, combine cottage cheese, olive oil, avocado, garlic, onion powder, cilantro, lime juice, and salt. Blend until smooth and creamy.
4. **Assemble the Rolls:** Lay out the cucumber strips. Spread a generous layer of whipped cream cheese over each strip. Add a couple of scoops of chicken salad to one end of the strip, then carefully roll it up.
5. **Serve and Enjoy:** Arrange the rolls on a platter for a light, fresh, and high-protein meal. For easier rolling, use a bamboo sushi mat to keep the rolls tight and

uniform.



Why Choose Nutrafarms' Pasture-Raised Chicken?

Nutrafarms' pasture-raised chicken is not only more flavourful but also a more sustainable and nutrient-rich option compared to conventional chicken. Raised in open pastures, this chicken is higher in omega-3 fatty acids, lean protein, and essential vitamins. It's the perfect base for any protein-packed recipe. [Learn more about Nutrafarms' pasture-raised chicken here.](#)

Final Thoughts

These **High Protein Cucumber Rolls** are proof that eating healthy doesn't have to be boring. Packed with fresh veggies, creamy dressing, and high-protein chicken salad, they're a perfect choice for dinner or even a snack. Plus, they're a fun way to get creative in the kitchen—sushi mat optional! Try them out and enjoy a farm-to-table dinner that's as nutritious as it is delicious.

