

Smart Turkey Skewers



Nutrition Facts

6 servings per container
Serving size 1 skewer (67g)

Amount per serving
Calories 60

% Daily Value*

Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 250mg	11%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 0mg	0%
Potassium 93mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Makes
6 rolls

Prep time
15 minutes

Low in
Fat
Sugar

Ingredients:

- 1 fresh cucumber
- 4 Tbsp. hummus
- 3 oz. (about 6 slices) low-sodium deli thin turkey lunch meat
- 1/4 cup feta cheese, crumbled



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Directions:

1. Slice cucumber lengthwise into thin strips, no more than 1/4-inch thickness, to create sheets similar to lasagna noodles.
2. On each cucumber sheet, spread 2/3 Tbsp. hummus. Lay a slice of turkey on top and press firmly into hummus.
3. Sprinkle crumbled feta cheese on top of turkey.
4. Starting from one end, carefully roll the cucumber to the other end and secure with a toothpick. Repeat with remaining ingredients.
5. Serve immediately or refrigerate.

