

# Salmon Cucumber Roll

Prep Time  
**15 minutes**

Makes  
**2 servings**



## Ingredients

- 1 cucumber
- Canned salmon
- 1 Tbsp light cream cheese
- $\frac{1}{4}$  cup finely chopped red onion
- $\frac{1}{2}$  tomato
- Spoonful of light mayo
- 1–2 Tbsp mustard
- $\frac{1}{2}$  avocado
- Salt & pepper to taste

## Directions

1. Finely chop red onion, set aside.
2. Slice avocado and tomato, set aside.
3. Mix together canned salmon, mayo, mustard, red onion, salt, and pepper until a paste is formed.
4. Thinly slice cucumber with a potato peeler into long strips. Make about 10–20 of these.
5. Lay all of your cucumber strips out so they overlap. Pat dry.
6. Spread cream cheese onto cucumber strips.
7. Layer salmon mixture, avocado slices, and tomato on top of cucumber strips.
8. Take layered cucumber strips and roll until all ingredients are tight and secure.
9. Cut vertical slices into the roll to resemble sushi.
10. Serve & enjoy!