



SIMPLE SUSHI BITES

Ingredients

- 1 cucumber
- 1 large carrot
- Deli meat such as ham
- 2 slices of cheese
- Sesame or poppy seeds
- Thousand island dressing



PREPARATION: 10 MIN

COOKING: NONE!

Directions

1. Cut the cucumber into one inch thick circles, discarding the very ends so all pieces have a flat top and bottom
2. Scoop out the seeded middle part
3. Peel the carrot and then finely chop into one inch matchsticks
4. Cut the cheese slices into one inch strips and roll up. If you are using cheese from a block, instead cut into one inch long matchsticks
5. Cut the ham into one inch slices and roll up
6. Arrange the cucumber rings on a board or plate and use the prepared ingredients to stuff each one
7. Sprinkle with sesame seeds or poppy seeds if liked and serve with thousand island dressing for dipping

Enjoy!

Swap it out: Red pepper sticks work well or you could fill with tuna mayo & pickled gherkin or try avacodo and crab sticks instead.