

# Cucumber chicken roll-ups

Yield: 15 | Preparation: 20 minutes | Total: 20 minutes

Difficulty: Easy



## Ingredients

- 1 cucumber, halved lengthwise
- 350 grams (1 ½ cups) of canned chicken, drained
- ½ cup cream cheese
- 1 plum tomato, chopped
- 2 green onions, finely chopped
- 1 tablespoon mayonnaise
- ¼ teaspoon garlic salt

## Instructions

1. In a bowl, mix together the chicken, cream cheese, tomato, green onions, mayonnaise, and garlic salt until well blended.
2. Lay sliced cucumbers flat and spread the chicken mixture on the flat edge of each slice.
3. Roll up the cucumber slices, and secure with toothpicks.

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Adapted from [allrecipes.com](https://allrecipes.com)

# Mediterranean chicken wrap

Serves: 2 | Preparation: 15 minutes | Total: 15 minutes

Difficulty: Easy



## Ingredients

- 350 grams (1 ½ cups) canned chicken
- 2 whole wheat pita breads or tortilla wraps
- ½ cucumber chopped
- ½ cup cherry tomatoes, halved

## Tzatziki ingredients

- ½ cup plain Greek yogurt
- ½ cucumber, diced
- 1 clove garlic, minced
- 1 tablespoon lemon juice

## Instructions

1. In a bowl, mix yogurt, diced cucumber, minced garlic, and lemon juice to make the tzatziki sauce. You can also use pre-made tzatziki sauce.
2. Spread the tzatziki sauce inside the pita or on one side of the tortilla wrap.
3. Add chicken, tomatoes, cucumbers, and red onion to the wrap and fold.
4. Serve immediately and enjoy.

# Chicken pinwheels

Serves: 8 | Preparation: 15 minutes | Total: 15 minutes

Difficulty: Easy



## Ingredients

- 350 grams (1 ½ cups) of canned chicken
- ½ cup cream cheese
- ⅓ cup of cheddar cheese, shredded
- 1 cucumber, diced
- 1 cup green leaf lettuce or spinach
- 1 teaspoon garlic powder
- 3 whole wheat tortillas

## Instructions

1. In a bowl, combine cream cheese, cheddar cheese, and garlic powder.
2. Add cucumbers and chicken to the bowl and stir to combine.
3. Spread the mixture evenly onto tortillas.
4. Add lettuce or spinach evenly onto tortillas.
5. Roll up each tortilla tightly. Put in refrigerator for 15 minutes, then slice.

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Adapted from [createkidsclub.com](https://createkidsclub.com)