

Turkey, Cucumber, Cream Cheese Roll-Ups

These turkey-cucumber roll-ups are a protein-packed lunch that comes together in minutes. Sliced deli turkey wraps around crisp cucumber slices and a layer of dill-infused cream cheese for a cool, satisfying bite. Once rolled, it's sliced into pieces, ideal for a quick lunch.

Ingredients

- 2 ounces reduced-fat cream cheese (about ¼ cup), softened
- 1 tablespoon finely chopped fresh dill *or* 1 teaspoon dried dill
- ¼ teaspoon ground pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 2 (6-inch) whole wheat wraps
- 1 small Persian cucumber, thinly sliced (about 1 cup)
- 2 ounces thin lower-sodium deli turkey slices (about 4 slices)

Directions

Combine softened cream cheese, 1 tablespoon fresh dill (or 1 teaspoon dried dill) and ¼ teaspoon each pepper, garlic powder and onion powder in a small bowl; stir until smooth. Spread the mixture onto 2 wraps (about 2 tablespoons each); top with cucumber slices and 2 ounces turkey slices. Roll up the wraps tightly; cut each wrap crosswise into 6 (1-inch) slices.