

CUCUMBER ROLLS

Ingredients:

1 large cucumber
½ cup mushrooms, sliced
1 medium red pepper, sliced
3 Tbsp olive oil

Instructions:

- Sauté the mushrooms in olive oil for about 5 to 10 minutes. Set aside to cool.
- Cut the cucumber in half, lengthwise.
- Slice each cucumber half into thin pieces appropriate for rolling.
- Place a few mushroom and red pepper slices on one end of the cucumber slice. Roll the cucumber, making sure the ingredients are tightly held in the roll (optional: use a toothpick to hold the ingredients together).
- Repeat the steps above to make more rolls.

Serves 2

Tip: use this dish as an appetizer, accompanied by a creamy dipping sauce on the side.



For more information

Mushrooms are a versatile vegetable (or fungi) that can be used in almost any recipe. Include it in dishes such as burgers, grilled vegetables, spreads and dips, antipasto plates, sauces, casseroles and salads. Mushrooms are a good source of B vitamins and minerals. Go to www.mushrooms.ca to find out more.