

Foodnity Recipes

Buffalo Chicken Cucumber Rolls – Healthy Quick Bite

15 min
Prep time

15 min
Total time

4
Servings

Easy
Difficulty

American
Cuisine

Ingredients

Main Ingredients

- [ ] 4 large cucumbers, sliced into thin ribbons
- [ ] 2 cups cooked chicken breast, shredded
- [ ] 1/4 cup hot buffalo sauce
- [ ] 1 tbsp melted butter
- [ ] 2 tbsp ranch dressing or blue-cheese dressing
- [ ] 1 tsp lime juice
- [ ] 2 tbsp fresh chives, finely chopped

Instructions

1. Wash cucumbers, trim ends, and slice lengthwise into thin ribbons using a mandoline or a sharp knife.
2. Pat the cucumber ribbons dry with paper towels to remove excess moisture.
3. In a bowl, combine hot buffalo sauce with melted butter; toss shredded chicken until evenly coated.
4. Lay a cucumber ribbon on a clean surface, place a teaspoon of the buffalo chicken near one edge, drizzle a few drops of dressing, and sprinkle chives.
5. Gently roll the cucumber ribbon around the filling, securing with a toothpick if needed. Repeat with remaining ribbons.
6. Serve immediately on a chilled platter. For extra brightness, squeeze a bit of lime over the assembled rolls.

Nutrition per serving

180 kcal	16 g	12 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra heat, add a pinch of cayenne to the buffalo sauce.
- For a vegan version, substitute chicken with shredded jackfruit and use dairy-free dressing.
- Keep the rolls chilled until serving to preserve the cucumber’s crunch.