Healthy Turkey Roll-Ups

These Turkey Roll-Ups are quick, fresh, and protein-packed—perfect for busy days when you want something satisfying without a lot of cooking.

Thin slices of turkey are layered with creamy avocado, crisp vegetables, spinach, and a light spread of hummus, then rolled into easy bite-sized pieces. They're great for lunch boxes, afternoon snacks, meal prep, or even a simple appetizer.

The best part? **No cooking is required.**

Prep Time

10 minutes

Cook Time

0 minutes

Total Time

10 minutes

Servings

2

Ingredients

- 8 slices low-sodium deli turkey breast
- 2 tablespoons hummus
- ½ small avocado, thinly sliced
- ¼ cup thinly sliced red bell pepper
- ¼ cup thinly sliced cucumber

- ½ cup fresh baby spinach
- 1 tablespoon finely shredded carrots, optional
- Black pepper, to taste
- Pinch of garlic powder, optional

Instructions

1. Prepare the Vegetables

Wash and dry the vegetables thoroughly.

Slice the bell pepper and cucumber into thin strips so they fit easily inside the turkey slices.

Slice the avocado just before assembling the roll-ups to help prevent browning.

2. Arrange the Turkey

Lay the turkey slices flat on a clean cutting board or plate.

If the slices are small, slightly overlap two pieces of turkey to create a larger surface for rolling.

3. Add the Hummus

Spread a thin layer of hummus over each turkey slice.

You don’t need much—a little hummus adds creaminess and flavor while helping the vegetables stay in place.

4. Add the Fillings

Place a few pieces of:

- Spinach
- Cucumber
- Bell pepper
- Avocado

- Shredded carrots, if using

near one end of each turkey slice.

Sprinkle lightly with black pepper or garlic powder if desired.

5. Roll Them Up

Starting from the end containing the vegetables, tightly roll the turkey around the filling.

Place the roll-up seam-side down.

Continue until all the turkey slices have been filled.

6. Serve

Enjoy the turkey roll-ups whole, or slice each one into two or three bite-sized pieces.

For a larger meal, serve them with:

- Fresh fruit
- A small side salad
- Whole-grain crackers
- Brown rice
- Vegetable soup
- Sweet potato wedges

Optional Whole-Grain Turkey Roll-Ups

If you want something more filling for lunch, you can turn this recipe into tortilla roll-ups.

Use:

- 2 small whole-wheat tortillas
- 6–8 slices turkey
- Hummus
- Spinach
- Bell peppers
- Cucumber
- Avocado

Spread the hummus over each tortilla, add the turkey and vegetables, roll tightly, and slice into pinwheels.

This version adds more carbohydrates and can make the recipe feel more like a complete lunch.

Healthy Recipe Tips

Choose Lower-Sodium Turkey

Deli meat can contain a significant amount of sodium, so look for a **lower-sodium turkey breast** when available.

Add Plenty of Vegetables

The vegetables provide crunch, color, fiber, and nutrients while making the roll-ups more satisfying.

Try:

- Spinach
- Cucumber
- Bell peppers
- Shredded carrots
- Lettuce
- Thinly sliced tomato

Change the Spread

Instead of hummus, you can use:

- Mashed avocado
- Plain Greek yogurt mixed with herbs
- A thin layer of mustard

Add Cheese If Desired

For extra flavor and protein, add a small amount of:

- Part-skim mozzarella
- Swiss cheese
- Reduced-fat cheddar

Keep portions moderate, especially if you’re already using a higher-sodium turkey.

Meal Prep Instructions

Turkey roll-ups can be prepared ahead of time, although they are best when eaten within a short period.

For meal prep:

1. Prepare the turkey, hummus, spinach, cucumber, and peppers.
2. Leave the avocado out until the day you plan to eat them if possible.
3. Place the roll-ups in an airtight container.
4. Refrigerate until ready to eat.

For the best texture, enjoy within about **1–2 days**.

If preparing several days ahead, you may get better results by keeping the vegetables and turkey separate and assembling the roll-ups when you’re ready to eat.

Approximate Nutrition Facts

Per serving — approximately 4 roll-ups

Using turkey, hummus, avocado, spinach, cucumber, and bell pepper:

- **Calories:** 190–220
- **Protein:** 20–24 g
- **Carbohydrates:** 9–12 g
- **Fiber:** 4–5 g
- **Total Sugars:** 2–4 g
- **Fat:** 9–11 g
- **Saturated Fat:** 1–2 g
- **Sodium:** Approximately 500–700 mg

Nutrition will vary considerably depending on the turkey and hummus brands used, particularly the sodium content.

Why This Recipe Works

These Turkey Roll-Ups combine several things that can make a snack or light meal satisfying:

Protein: Turkey

Healthy fat: Avocado

Fiber and produce: Spinach, cucumber, peppers, and carrots

Flavor: Hummus and seasonings

They’re also incredibly easy to customize.