

SPICY CALIFORNIA SUSHI ROLL

Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving= 8 sushi pieces)

Nutrition (per serving)

Calories: 298

Total Fat: 18 g

Saturated Fat: 2 g

Sodium: 467 mg

Total Carbohydrate: 28 g

Dietary Fiber: 9 g

Total Sugars: 4 g

Protein: 9 g



Ingredients

Rice Mix

- 1 cup of multigrain brown rice medley
- 2 teaspoons rice vinegar

Sushi Roll

- 4 nori/edible seaweed sheets
- 1 cup rice mix
- 2 teaspoons lite soy sauce
- 2 medium sized avocado, peeled, seeded and mashed
- 1 Tablespoon light mayonnaise
- 1 teaspoon Sriracha® hot sauce
- 6 imitation crab sticks
- 1 cup diced cucumber
- 1 teaspoon, finely chopped chives
- 2 teaspoons sesame seeds



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Directions

1. In a small bowl, combine ingredients for the rice mix and set aside.
2. Lay one nori sheet on a flat surface. Horizontally, layer $\frac{1}{4}$ cup rice mixture, $\frac{1}{2}$ teaspoon soy sauce, $\frac{1}{2}$ mashed avocado, 1 $\frac{1}{2}$ crab sticks, $\frac{1}{4}$ cup cucumber, $\frac{1}{4}$ teaspoon chives, and $\frac{1}{2}$ teaspoon sesame seeds.
3. Press sushi roll together firmly by folding over one end of nori sheet to cover mixture. Roll tightly. Cut into 8 pieces with a sharp knife.



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