

California Sushi Rolls

Serving Size: 2 slices

Serves: 4

Ingredients

2 roasted seaweed wraps
2 cups sushi rice, cooked according to package directions
½ avocado, sliced thin
½ cucumber, julienned
1 small carrot, julienned
1 green onion, sliced lengthwise
Sodium free pickled ginger and wasabi to taste

Directions

1. Place a sheet of seaweed wrap shiny side down on a piece of wax paper.
2. Spread 1 cup of rice evenly over one of the wraps, leaving a 1 inch space at the end of the square wrap.
3. Place the vegetables across the center of the rice.
4. With your thumbs on the back of the wax paper and your fingers on the vegetable filling, roll the wrap while supporting the filling with your fingers. Complete the roll and gently shape the roll through the wax paper with your fingers.
5. Remove the wax paper and slice the roll into eight pieces.
6. Repeat for the second wrap.
7. Serve with SF pickled ginger and wasabi as a condiment.

Exchanges per serving:

1 Starch, 1 Vegetable, 1 Fat

Nutrients per serving:

Calories: 149

Calories from fat: 31

Total Fat: 4g

Cholesterol: 0mg

Sodium: 21mg

Total Carbohydrate: 27g

Dietary Fiber: 2g

Protein: 3g