

Salmon Sushi: 30 Minute Meal



INGREDIENTS:

Cooking spray

1 cup Japanese short grain rice, cooked

3 Tablespoons rice vinegar

1 Tablespoon sugar

1 can or pouch (6 to 7.5 oz.) salmon, drained and chunked

2 Tablespoons low-fat mayonnaise

1/2 teaspoon lemon juice

1/4 teaspoon each celery seed and ground ginger

1 medium cucumber

2 nori (dried seaweed) sheets, each approximately 7 inches square

1 teaspoon wasabi paste*

1/4 cup sushi dipping sauce or soy sauce

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DIRECTIONS:

In small microwavable bowl, blend vinegar and sugar. Microwave on high for 30-40 seconds, until sugar is dissolved. Stir vinegar into cooked rice until rice is coated. In small bowl, remove skin and bones (if any) from salmon. Blend in mayonnaise, lemon juice, celery seed, and ginger. Trim ends from cucumber, cut in half lengthwise, and remove seeds. Cut each half into long thin strips.

For each roll:

- Spread half the cooled rice mixture over a nori sheet, leaving a 1/2-inch edge across the top and bottom.
- Thinly spread half of the wasabi across the center of the rice in a thin strip, moving from left to right (horizontally).
- Lay half the cucumber strips and half the salmon mixture over the wasabi strip (in center of sheet).
- Then, starting at the bottom, roll nori up over the rice into one long roll. Be sure to apply firm pressure and smooth nori/ingredients as you roll. If your sushi roll does not stick together simply wet your finger and run it along the nori edge, then press the edge down gently.

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DIRECTIONS (continued):

Repeat process with remaining ingredients to form second roll. Using a serrated knife that has been moistened, slice each roll into 8 pieces. Wet the blade after each cut. Serve with sushi dipping sauce or soy sauce.

*Additional wasabi may be added to taste.

Variation: Substitute avocado and green onions for cucumber.

Makes 2 rolls (2 to 4 servings).

NUTRITIONAL INFORMATION:

Nutrients per serving: 341.4 calories, 17g total fat, 5.9g saturated fat, 45% of calories from fat, 386.6mg cholesterol, 33.5g protein, 13g carbohydrate, .4g fiber, 1441.9mg sodium, 355.3mg calcium and 1.9g omega-3 fatty acids.