

Sushi-Inspired Rice Bowls

1 cup brown rice
3 tbsp rice vinegar
2 tbsp reduced-sodium soy sauce
2 tsp sugar
1 can (7.5 oz.) salmon, drained
1 cup shelled edamame beans,
boiled and drained

2 medium carrots, diced
½ ripe avocado, diced
1 medium cucumber, diced
2 sheets dried nori seaweed,
sliced thin
Optional: Wasabi



EASY recipe

Cook rice according to package directions; drain and set aside. **In** a small saucepan set over medium heat, combine vinegar, soy sauce and sugar. **Warm** until sugar dissolves. **Pour** sauce over cooked rice. **Separate** rice into four bowls. **Top** each with salmon, edamame, carrot, avocado, cucumber and seaweed. **Drizzle** with more soy sauce if desired, or add heat with wasabi.

Makes 4 servings. Per serving: 443 calories | 33g protein | 12g total fat | 2g saturated fat
5g mono fat | 3g poly fat | 49g carbohydrate | 5g sugar | 6g fiber | 436mg sodium