

Sushi Bowl

Ingredients:

1 each	Naked Ahi Tuna, <i>see recipe</i>
¼ cup	Brown Sushi Rice, <i>see recipe</i>
¼ cup	Cucumber, julienned
¼ cup	Edamame, shelled
¼ cup	Carrots, julienned
⅓ cup	Cabbage, purple, shaved
⅛ each	Avocado, sliced
¼ teaspoon	Sesame seeds, black and white
2 teaspoons	Sriracha
1 Tablespoon	Ginger Soy Dressing, <i>see recipe</i>



Method:

- In a small bowl combine ¼ cup cold **Brown Sushi Rice** (*see recipe*), cabbage, edamame and **Ginger Soy Dressing** (*see recipe*).
- In a large bowl or plate, build your sushi bowl-
 - Mound of rice mixture in the center.
 - Carrots divided and placed standing up in opposite corners.
 - Cucumber divided and placed standing up in opposite corners.
 - Top rice with **Naked Ahi Tuna** (*see recipe*).
 - Sliced avocado.
 - Drizzle with sriracha.
 - Finish with sesame seeds.

Nutritional Information:

Servings: 1 | Serving size: 1 composed | Calories: 340 | Fat: 13 grams
Sodium: 550 milligrams | Carbohydrates: 27 grams | Protein: 28 grams | Fiber: 6 grams



Naked Ahi Tuna

Ingredients:

3 ounces	Tuna
¼ teaspoon	Olive oil
¼ teaspoon	Salt
¼ teaspoon	Pepper

Method:

- Preheat sauté pan to medium-high heat.
- Add olive oil.
- Season tuna with salt and pepper.
- Sear tuna on both sides until center is rare.

Nutritional Information:

Servings: 1 | Serving size: 1 filet | Calories: 130 | Fat: 5 grams
Sodium: 270 milligrams | Carbohydrates: 0 | Protein: 20 grams | Fiber: 0



Brown Sushi Rice

Ingredients:

3 cups	Brown rice, short grain
3 ¼ teaspoons	Water
⅓ cup	Red wine vinegar
3 Tablespoon	Sugar

Method:

- Rinse rice using a strainer until water runs clear. (*Really allow the rice time to rinse*)
- In a sauce pot add water and rice, bring to a boil.
- Once rice comes to a boil, cover, and turn heat down to low. Let steam for 35-45 minutes. Or until all of the water is absorbed and the rice is al dente.
- In a separate sauce pot combine rice wine vinegar and sugar. Cook on medium-low until the sugar has dissolved, about 5-8 minutes.
- Once the rice is cooked and the sugar mixture is ready, combine the two. Fluff with a fork.
- Serve warm.

Nutritional Information:

Servings: 24 | Serving size: ¼ cup | Calories: 60 | Fat: 0 | Sodium: 0
Carbohydrates: 11 grams | Protein: 1 gram | Fiber: 1 gram



Ginger Soy Dressing

Ingredients:

1 Tablespoon	Sesame oil
2 Tablespoons	Tamari
½ Tablespoon	Garlic
½ Tablespoon	Ginger
1 Tablespoon	Agave

Method:

- In a medium saucepan on medium-low heat, add sesame oil.
- Add garlic and ginger, sauté for about 3-4 minutes.
- Add tamari and agave.
- Allow mixture to simmer until thickened, about 4 minutes.
- Let cool, puree in blender until smooth.

Nutritional Information:

Servings: 6 | Serving size: 1 Tablespoon | Calories: 40 | Fat: 2.5 grams
Sodium: 230 milligrams | Carbohydrates: 3 grams | Protein: 1 gram | Fiber: 0