

to healthier, happier you

## Get ready to a blood sugar friendly meal with my **Sushi Sandwich**

Let's dive into the simple steps:

### INGREDIENTS for 1 portion:

100g of sushi sticky rice (cooked) or use another rice  
3 sheets of nori (seaweed)  
1/4 cucumber, thinly sliced  
1/2 avocado, thinly sliced  
1/2 carrot, shredded  
2 lettuce leaves, sliced  
2 purple cabbage leaves, sliced

#### Tuna Paste:

130g of canned tuna  
2 tbsp 0% fat Greek yogurt  
1 tbsp fresh scallion, chopped  
1 tbsp fresh parsley, chopped  
2 tsp sriracha (or more, if you like it spicier)  
2 tsp soy sauce

#### For Spicy Sauce:

2 tbsp Greek yogurt  
1 tsp sriracha  
1/2 tsp sesame seeds  
2 tsp soy sauce

### INSTRUCTIONS:

Start by making sticky rice or use any leftover rice you have. To make sticky rice, rinse the rice until the water runs clear to remove excess starch. After rinsing, add the rice and double the amount of water to a pan and let it soak for about 10 minutes. Cover the pan with a lid, bring the water to a boil over medium heat, then reduce the heat to low and let it simmer for 12-15 minutes until all the water is absorbed. Turn off the heat and let the rice sit, covered, for another 10 minutes to steam. Add 1 tablespoon of vinegar and salt to taste, then gently mix. Reserve.

In a bowl, mix the drained canned tuna with yogurt, scallions, parsley, soy sauce and sriracha. Stir until well combined. Place one seaweed sheet shiny side down on a flat surface. In the center of the sheet, spread a layer of the cooked rice evenly, add a layer of tuna paste, spreading it evenly, cucumber, lettuce, carrot, purple cabbage, and avocado. Top with the second seaweed sheet, fold the seaweed around the fillings (like a package) or cut into two or four squares, making it easy to hold like a sandwich! In a small bowl, mix the yogurt, soy sauce, sriracha, and sesame seeds together and ENJOY!

**arise**  
BY NICOLINA