



Japanese Sushi Bowl

Ingredients:

6 oz smoked salmon or your choice of fish (sushi grade raw or cooked)
1/2 head cauliflower steamed and chopped
1/4 cup shredded carrot
1 avocado
1/2 cucumber peeled and sliced
1/2 tsp garlic powder
1/2 tsp cayenne
1 tbsp low sodium soy sauce
1/2 lime juice
2 seaweed sheets

Directions:

1. In a food processor, add steamed and chopped cauliflower, shredded carrots, lime juice, soy sauce, garlic, and cayenne to make the “rice.”
2. To serve, place cauliflower rice, 3 oz of smoked salmon, 1/2 avocado, and cucumber.
3. Eat with chopsticks or use seaweed sheets to wrap rice, fish, and veggies for a mini hand roll.

Nutrition Facts per serving

Recipe makes 3 servings
Calories: 325
Fat: 18.5 g
Carbs: 22 g
Protein: 23 g