

## CUCUMBER SUSHI ROLLS

ORGANIZE INGREDIENTS AND UTENSILS

### INGREDIENTS:

- 2 cucumbers
- 1 cup cooked rice white or brown
- ¼ firm avocado cut into thin slices
- ¼ red bell pepper matchstick, julienne cut
- ¼ carrot, julienne cut

### UTENSILS:

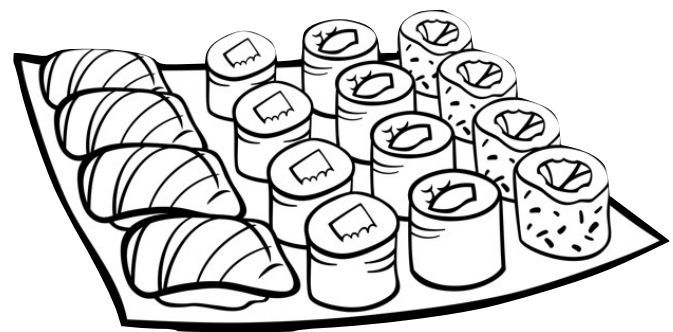
- Cutting board
- Knife
- Table knife, to push the rice to the sides
- Melon baller, apple corer or dessert spoon
- Two small bowls to serve both sauces

### INGREDIENTS, SRIRACHA MAYO:

- 1 tablespoon light mayonnaise
- ½ teaspoon sriracha

### INGREDIENTS, SOY SAUCE

- 2 tablespoons of soy sauce
- a bit of lime juice



## INSTRUCTIONS:

1. Cook rice according to package's instructions. When finished, do not stir rice and allow it to cool. This should make for a stickier rice to hold everything together.
2. Cut each cucumber in half and remove seeds with either a small spoon, melon baller or apple corer to create a long, hollow tube.
3. Spoon in a small amount of rice, then compress towards one side of the tube using a butter knife.
4. Gently insert a slice of avocado and a few slices of pepper and carrot, then add more rice to fill gaps, compressing and adding more rice until packed full. Be gentle, especially if your avocado is ripe and soft!
5. With a sharp knife, slice cucumber into 1 inch thick pieces. If you start to notice the filling is loose as you cut, stuff in some rice and peppers or carrots if needed.
6. Serve with either low sodium soy sauce or spicy mayo. To make spicy mayo, mix 1 tablespoon mayo and ½ teaspoon sriracha.

Cartoon:

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