

## Salmon and avocado nori wraps

### Ingredients

- 1½ cups cooked short-grain brown rice
- 1 tablespoon rice vinegar
- ½ teaspoon sesame oil
- ½ teaspoon salt
- 1 (5–6 ounce) can wild salmon, drained and flaked, or ½ cup cooked leftover salmon
- 1 tablespoon mayonnaise, preferably avocado oil mayonnaise
- 1 teaspoon lemon juice
- Salt and pepper to taste
- 1 ripe avocado, sliced
- ½ cucumber, julienned or sliced into matchsticks
- 1 medium carrot, peeled and julienned
- 2–3 tablespoons scallions or chives, thinly sliced
- 4 sheets toasted nori (edible seaweed)

#### Optional:

- Low-sodium tamari, soy or coconut aminos sauce for dipping
- 1 teaspoon sesame seeds



### Nutritional information

Servings: 4

Cost: \$8.27/\$2.07

Calories: 224 per serving

### Directions

- In a bowl, gently mix cooked brown rice with rice vinegar, sesame oil and salt.
- Allow rice to cool to room temperature.
- In another bowl, mix flaked salmon, mayonnaise and lemon juice with a pinch of salt and pepper until creamy but still chunky.
- Place one sheet of nori, shiny side down, on a cutting board or sushi mat.
- Spread thin layer (about ¼ cup) of seasoned rice over bottom third of nori, leaving top edge bare.
- Layer with 1 to 2 spoonfuls of salmon mix, two avocado slices, cucumber and carrot with a sprinkle of scallions or sesame seeds, if using.
- Roll tightly like a sushi roll, starting from the filled end. Dab a little water on the edge to seal.
- Repeat with other nori sheets.
- Enjoy immediately with dipping sauce of your choice.