

Almond Rice Sushi

Makes: Four servings

Per Serving: 185 calories 12g fat 5.75g protein 11g carbohydrates 6g fiber 177mg sodium

Prep time: 5 minutes

Assembly time: 15 minutes

Got a yen for sushi but don't feel like going out tonight? Try making your own. I know what you're thinking: First he asked me to make pasta, now sushi . . . what does he think I am, a chef? Don't worry. Making sushi is easy. In my version, slivered almonds stand in for the rice. And since this is veggie sushi, you don't have to worry about handling raw fish either. The only raw ingredients here are cucumbers and avocado, and they're magnificent in this low- carb sushi.

Ingredients

$\frac{3}{4}$ cup slivered almonds, chopped to the size of cooked rice 1 cup water

Salt

2 packets monk fruit extract (such as Monk Fruit In The Raw) 1 tablespoon ground chia seeds

1 teaspoon rice wine vinegar

1 English cucumber, seeded and cut into matchstick-size pieces

$\frac{1}{4}$ ripe avocado, pitted, peeled, and mashed

1 tablespoon plus 1 teaspoon wasabi powder, mixed with 1 tablespoon water

Nori (seaweed wraps)

1 tablespoon plus 2 teaspoons coconut aminos

Method

1. Place the almonds and water in a small saucepan over medium- high heat and bring to a simmer. Cook and stir until the water has almost evaporated and the almonds are soft, about 3 minutes. Pour the mixture into a bowl and season with salt and the monk fruit extract. Stir in the chia seeds and place in the refrigerator to thicken and cool. Once cooled, stir in the vinegar.

2. Mix the cucumber with the avocado and a little wasabi paste. Lay the nori on a clean work surface and spread the almond "rice" evenly on each sheet. Lay the cucumber down the middle in a neat line and then roll the sushi into tight rolls.

3. Cut each sushi roll into 6 pieces and serve with the remaining wasabi and coconut aminos for dipping.