Dinner Tonight!
Spicy Tuna Sushi Roll Appetizer

2 cups uncooked glutinous white rice  1 teaspoon wasabi paste
2 1/2 cups water  1 tablespoon mayonnaise
1 tablespoon rice vinegar  4 sheets nori (dry seaweed)
1 (6 ounce) can solid white tuna in water, drained
1/2 cucumber, finely diced  1 avocado - peeled, pitted and diced
1 carrot, finely diced  1 teaspoon chili powder

Bring the rice, water, and vinegar to a boil in a saucepan over high heat. Reduce heat
to medium-low, cover, and simmer until the rice is tender, and the liquid has been ab-
sorbed, 20 to 25 minutes. Let stand, covered, for about 10 minutes to absorb any ex-
cess water. Set rice aside to cool. Lightly mix together the tuna, mayonnaise, chili
powder, and wasabi paste in a bowl, breaking the tuna apart but not mashing it into a
paste.

To roll the sushi, cover a bamboo sushi rolling mat with plastic wrap. Lay a sheet of
nori, rough side up, on the plastic wrap. With wet fingers, firmly pat a thick, even layer
of prepared rice over the nori, covering it completely. Place about 1 tablespoon each of
diced cucumber, carrot, and avocado in a line along the bottom edge of the sheet, and
spread a line of tuna mixture alongside the vegetables.

Pick up the edge of the bamboo rolling sheet, fold the bottom edge of the sheet up, en-
closing the filling, and tightly roll the sushi into a thick cylinder. Once the sushi is rolled,
wrap it in the mat and gently squeeze to compact it tightly. Cut each roll into 6 pieces,
and refrigerate until served.

Preparation time: 40 minutes
Cook time: 20 minutes
Serves: 4

Nutrition Facts per Serving:
Calories: 355
Total Fat: 11.9 g
Cholesterol: 19 mg
Sodium: 240 mg
Total Carbohydrate: 47 g
Dietary Fiber: 6 g
Protein: 15.2 g