



Tuna Sushi Bowl

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 1 serving | Serving Size: 1 bowl

Ingredients

- ½ cup cooked white or brown rice, warm or cold
- 1 medium carrot, thinly sliced (about ½ cup)
- ¼ cup shelled edamame (mukimame), cooked and cooled
- ¼ cup thinly sliced cucumber
- 1 (2.6-ounce) pouch reduced-sodium chunk light tuna in water
- 3 small sheets dried seaweed (nori), crumbled
- 1 tablespoon rice vinegar
- 2 teaspoons reduced-sodium (lite) soy sauce
- 1 teaspoon toasted sesame oil
- 1 teaspoon honey
- 1 teaspoon fresh grated ginger (or ¼ teaspoon ground dried ginger)

Recipe Notes

- Consider doubling the recipe for leftovers or for more servings.
- Diced avocado is a nice addition to this bowl.

Directions

1. Add the cooked rice to a medium serving bowl or storage container.
2. Working in small piles around the inside of the bowl, add the carrot, edamame, cucumber, and tuna.
3. Sprinkle with the seaweed.
4. Add the vinegar, soy sauce, oil, honey and ginger to a small jar with a lid. Seal the jar. Shake to combine and make a sauce.
5. Drizzle the sauce mixture over the ingredients in the bowl.
6. Serve right away, or chill before serving if desired.

**Nutrition Facts Per Serving: Calories: 430 | Total Fat: 7.5 g | Saturated Fat: 1 g
Sodium: 610 mg | Total Carbohydrate: 44 g | Dietary Fiber: 4 g | Protein: 44 g**

Adapted from EatingWell.com | Submitted by Robin LaCroix, RD, CSO
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