



SMOKED SALMON WITH SWEET POTATO AND SPICY MAYO SUSHI BOWL

ingredients:

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| 1/4 cup low-fat mayonnaise | 2 cups sweet potato, cooked and cubed |
| 1/2 Tablespoon Sriracha sauce | 1 cup romaine lettuce, chopped |
| 1 cup cooked medium grain brown rice | 1 cup smoked salmon, chopped |
| 2 teaspoons rice vinegar | 1 nori sheet, sliced into thin strips |
| 1/4 teaspoon sugar | 4 teaspoons sesame seeds |
| 1 cup shredded carrots | |
| 2 cups English cucumber, diced | |

directions:

1. Mix light mayonnaise and Sriracha in a small bowl and set aside.
2. Mix rice with rice vinegar and sugar. Put 1/4 cup of rice into a single-serving bowl.
3. Divide vegetables around the bowl – 1/4 cup carrots, 1/2 cup cucumbers, 1/2 cup sweet potatoes, and 1/4 cup lettuce.
4. Place 1/4 cup salmon in the middle.
5. Top with one tablespoon of the spicy mayonnaise, the nori strips and 1 teaspoon sesame seeds.
6. Repeat in 3 more bowls.

Yield: 4 servings

Nutrition Information Per Serving:

220 Calories
8 grams Fat
1 gram Saturated Fat
15 mg Cholesterol
480 mg Sodium
26 grams Carbohydrates
3 grams Fiber
10 grams Protein

Food exchange:

1 starch, 2 vegetables,
1 protein, 1/2 fat



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