

ALASKA SALMON QUINOA SUSHI



Preparation Time: 30 minutes

Cook Time: 0 minutes

Servings: 4 (2 rolls per serving)

Ingredients:

4 cups cooked and cooled quinoa

3/4 cup seasoned rice vinegar

2 cans (14.75 oz.) traditional pack Alaska salmon OR 4 cans or pouches (6 to 7.5 oz.) Alaska salmon, drained and chunked

1/2 cup olive oil mayonnaise or reduced-fat mayonnaise

2 teaspoons lemon juice

1/2 tablespoon **each** celery seed and ground ginger

2 medium seedless cucumbers, thinly sliced

4 small avocados, pitted, peeled and sliced

1 red bell pepper, thinly sliced

8 nori (dried seaweed) sheets, each approximately 7 inches square

8 teaspoons wasabi paste

Pickled ginger, or liquid aminos, for condiments

Description:

In a bowl, stir rice vinegar into quinoa until quinoa is coated. In another bowl, remove skin and bones (if any) from salmon. Blend in mayonnaise, lemon juice, celery seed and ginger. Trim ends from cucumbers and cut into long thin strips.

For each roll:

- Spread about 1/2 cup of the cooled quinoa mixture over a nori sheet, leaving 1-inch edge across the top.
- Thinly spread 1 teaspoon of the wasabi across the center of the quinoa in a thin strip, moving from left to right (horizontally).

- Lay 1/8 of the cucumber, avocado and red bell pepper slices, along with 1/8 of the salmon mixture over wasabi strip (in center of sheet).
- Starting at the bottom, roll nori up over the quinoa into one long roll. Apply firm pressure and smooth nori/ingredients as you roll. If your sushi roll does not stick together simply wet your finger and run it along the nori edge, then press the edge down gently. Repeat process with remaining ingredients to form additional rolls.

Using a moistened serrated knife, slice each roll into 6 pieces. Wet the blade after each cut. Serve with pickled ginger or liquid aminos.