



SALMON AVOCADO SUSHI

	Ingredients	Exchanges
Protein	31.5 gm farmed salmon, fully cooked	3.5
	----- 0.5 gm nori, dried seaweed	----- 0.2 (+0.2 gm fat)
Fat	28.9 gm mayonnaise	6 (-1.1 gm)
Carbohydrate	12.4 gm avocado, cube cut	1.3 (-1.3 gm)
Other	Paprika, salt, pepper, dried ginger	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Weigh all of the ingredients using a gram scale.
- Place the weighed nori on a flat surface and wet with your fingertips until flexible and soft.
- In a small bowl, combine the cooked salmon and mayonnaise.
- Season with salt, paprika, and dried ginger.
- Stir until thoroughly combined.
- Spread the salmon mixture over top of the nori.
- Place the avocado cubes overtop of the salmon spread.
- Gently begin to roll the sushi by pushing down and squeezing to tighten the nori.
- Cut the sushi into bite sized rolls.
- Serve chilled.

VARIATIONS

- The salmon can be substituted with any other protein such as crab meat, tuna, etc.
- Avocado can be substituted with any other carbohydrate such as sliced cucumber, riced cauliflower, asparagus, etc.
- Nori can be substituted with horizontal cuts of thinly sliced cucumber.
- Mayonnaise can be substituted with Vegenaïse®.
- Seasonings can be adjusted as needed.