

SUSHI BOWL

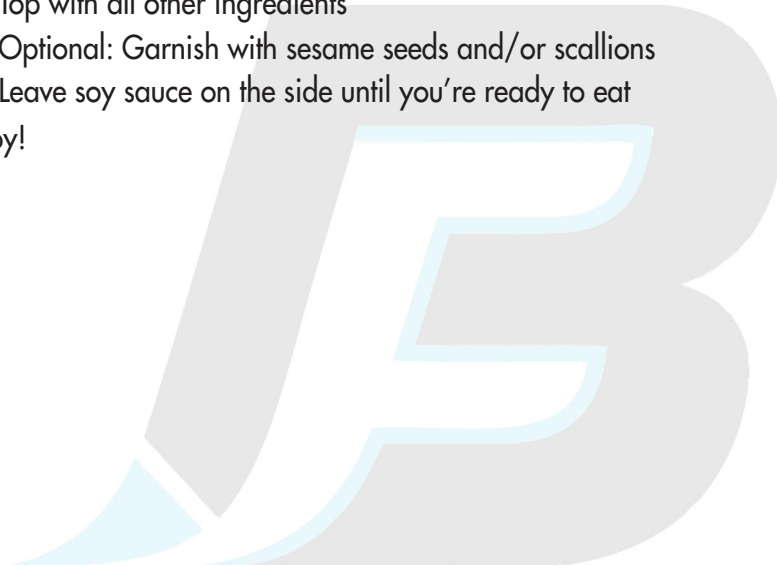


INGREDIENTS:

- 1/2 cup rice
- 1 cup mixed greens
- 3 oz smoked salmon
- 1/4 cup sliced cucumber
- 1/4 cup sliced carrots (raw)
- 1/4 cup chopped asparagus (raw)
- 2 oz avocado
- 1/2 tbsp low sodium soy sauce

DIRECTIONS:

- 1) Add greens and rice to a bowl
 - 2) Top with all other ingredients
 - 3) Optional: Garnish with sesame seeds and/or scallions
 - 4) Leave soy sauce on the side until you're ready to eat
- Enjoy!



Makes 1 Serving

Calories: 334 | Protein: 21 g | Carbs: 35 g | Fat: 13 g | Fiber: 7 g