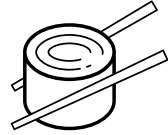




Cucumber Sushi



Prep Time: 20 Min Serves: 5

Ingredients:

Dip

- 1/4 cup soy sauce
- 1 Tbsp rice wine vinegar
- 1 Tbsp olive oil
- 1/2 tsp toasted sesame oil
- 1/2 tsp honey
- Juice from 1/4 of a lime
- 1 pinch garlic powder
- 1/4 tsp red pepper flakes (optional)

Sushi

- 2 cucumbers
- 1/2 cup cooked brown rice, cooled
- 1/4 bell pepper cut into thin slices (julienned)
- 1 avocado
- 1/2 carrot julienned

Instructions:

1. To make the dipping sauce mix everything together in a jar and set aside.
2. Slice off both ends of the cucumber and then cut the cucumber into 2 inch sections.
3. Remove the center of the cucumber using an apple corer.
4. Slice your veggies into very thin 2 inch strips (this is called julienne) and add some of each to the center of the cucumber. Then stuff with rice to fill the hole, pushing the rice down to ensure the cucumber is fully stuffed.
5. Cut into sushi slices and serve.