



SUSHI SNACK ROLL

MAKES 4 SERVINGS

INGREDIENTS

4-8 NORI (SEAWEED) SHEETS

1 CUP FRESH SPINACH LEAVES

1 AVOCADO, SLICED

1 RED BELL PEPPER, SLICED IN JULIENNE STRIPS

3 CARROTS, CUT INTO SMALL JULIENNE STRIPS

METHOD

PLACE NORI SHEETS FLAT ON A CLEAN, DRY CUTTING BOARD. PLACE LEAVES OF SPINACH ACROSS THE LOWER PART OF THE NORI SHEET, ABOUT 1" FROM THE BOTTOM. LAY THIN STRIPS OF AVOCADO, PEPPER, AND CARROTS ACROSS THE TOP OF THE SPINACH. TAKE THE BOTTOM OF THE NORI SHEET AND ROLL IT UP AND OVER THE FILLING, MAKING SURE TO KEEP IT VERY TIGHT. CONTINUE ROLLING TO THE OPPOSITE END; WET THE END OF THE NORI SHEET TO STICK TO THE ROLL. USING A SHARP KNIFE, CUT 1" SLICES

Created By Jessica Smosna, RD, LD