

Easy Sushi Rolls

These easy sushi rolls are simple to make and endlessly versatile, allowing you to mix and match your favorite ingredients. In this recipe, a crisp cucumber shell holds seasoned sushi rice, delicate lightly smoked salmon, and fresh toppings for a burst of flavor and texture. Customize your own creations for a healthy snack or elegant appetizer, or pair them with a protein for a satisfying, well-rounded meal.

Prep: 20 minutes

Ingredients

English cucumber
Cooked sushi rice
Lightly smoked salmon
Teriyaki glaze
Sriracha mayo
Japanese sesame seeds



Directions:

Wash cucumber. (You can peel or not, as desired)
Cut the English cucumber into 1 and 1/2 wide rounds.
Scoop out the seeds to make a well. (See picture)
Fill the English cucumber with a small amount of cooked sushi rice.
Top with a small amount of lightly smoked salmon.
Drizzle with Teriyaki glaze and Sriracha mayo.
Sprinkle with Japanese sesame seeds.



Note: Substitute riced cauliflower for a low-carb option. Switch up the protein with cooked chicken or shrimp, or choose vegetarian options like tofu or edamame.