

Brown Rice Sushi Bake

Makes
6 servings

Prep time
10 minutes

Cook time
30 minutes

Good source of
Fiber
Protein

Ingredients:

- 3 cups cooked brown rice, cooled
- 2 Tbsp. rice vinegar
- 4 Tbsp. furikake seasoning
- 2 cans (4 oz.) canned tuna/salmon in water, drained
- ½ cup cucumber, diced
- ¼ cup fat-free mayonnaise
- 1 Tbsp. Sriracha/hot sauce (optional)
- Nori (dried laver/seaweed) sheets

Nutrition Facts

6 servings per container
Serving size 1 cup (280g)

Amount per serving
Calories **280**

% Daily Value*

Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 580mg	25%
Total Carbohydrate 43g	16%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 1mcg	6%
Calcium 292mg	20%
Iron 2mg	10%
Potassium 423mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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Directions:

1. Preheat oven to 375 degrees F.
2. In a mixing bowl, combine cooled brown rice, rice vinegar, and 2 tablespoons of the furikake seasoning and mix well.
3. Put rice mixture into an 8" x 8" or 9" x 9" baking dish and set aside.
4. In another mixing bowl, combine tuna or salmon, cucumber, mayonnaise, and optional Sriracha or hot sauce, and mix well.
5. Spread the tuna or salmon mixture evenly over the rice in the baking dish. Sprinkle with the remaining furikake seasoning.
6. Bake for 25 to 30 minutes, or until sushi bake is hot and the top layer is golden brown.
7. Serve hot with nori sheets. Refrigerate any leftovers.

