
Seaweed Sushi Bowl

Serves 4 Prep time: 10 minutes

Ingredients

Bowl

- 2 cups cooked rice
- 2 avocados, thinly sliced
- 1 cucumber, diced
- 1 red pepper, thinly sliced
- 2 green onions, chopped
- 4 tablespoons dried seaweed (arame, wakame, or crumbled nori sheets)
- 4 tablespoons sesame seeds

Dressing

- 6 tablespoons rice vinegar
- 6 tablespoons gluten-free tamari sauce
- 2 tablespoons lemon juice
- 2 tablespoons sesame oil
- 1 garlic clove, minced
- Salt and pepper to taste

Instructions

1. Divide the rice, avocado, cucumber, red pepper, green onion, seaweed, and sesame seeds evenly between four bowls.
2. Whisk together all dressing ingredients in a small jar or bowl.
3. Pour dressing over each bowl and serve.

Tip: This is a great lunch to take on the go. Keep the dressing in a separate container and give it a shake before pouring — it keeps everything fresh and crisp until you're ready to eat.