

INGREDIENTS:

- 1 frozen packet of “riced” cauliflower
- 1 TSP of toasted sesame oil
- 1 TBSP of rice vinegar
- ½ TSP of salt or to taste
- 1 packet of sugar substitute of choice
- 1 small avocado
- 1 TBSP of cilantro, finely chopped
- ½ medium to large cucumber, peeled and diced
- Juice from 1 lime wedge
- 1-1 ½ cups cooked shrimp, deveined, peeled, tail removed and chopped OR cooked crab meat or imitation crab
- 1-2 TSP of low sodium soy sauce, depending on taste
- 2 TSP of sriracha sauce
- ¼ cup reduced fat mayonnaise
- Hoisin sauce (optional)

Spicy Shrimp Sushi Stack

DIRECTIONS:

Recipe makes four to six sushi stacks

1. In a medium skillet or pan, heat sesame oil and rice vinegar on medium to high heat.
2. Add cauliflower rice to pan and sauté for about 5 minutes until cauliflower is cooked and most of the liquid is evaporated.
3. Add salt and sugar substitute.
4. Set aside in bowl to cool off.
5. In a separate bowl, add avocado, cilantro, cucumber and lime juice and toss until combined.
6. In another bowl, add shrimp and soy sauce and toss until combined.
7. In a small bowl, mix sriracha and mayonnaise until blended.
8. Using a ½-1 cup measuring cup or bowl, layer ¼ of the avocado mixture, ¼ of the shrimp and finish with about ¼ of the cauliflower rice. Gently press.
9. Place measuring scoop on a plate and flip over. Lightly tap on the top to release the sushi stack.
10. Top with spicy mayo and hoisin sauce if desired.

NUTRITION FACTS:

Servings per recipe: 4; Amount per serving: Calories: 181; Total Fat: 11g
Total Carbohydrates: 9g; Dietary Fiber: 4g; Protein: 13g



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