

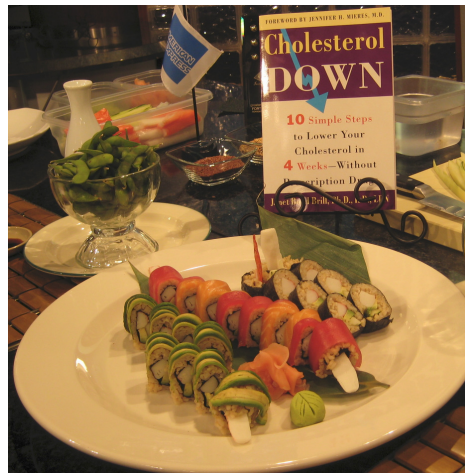


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## HEART HEALTHY CALIFORNIA ROLL (Serves 2)



### Ingredients:

- 1 sheet sushi nori seaweed wrap (available at Asian food stores)
- 3 oz. cooked brown rice
- ½ oz. (1 stick) imitation crabmeat or “crabstick”
- ¼ oz. cucumber (1 slice) –peel and slice into 5” long thin slices (pinky width)
- ¼ oz. (2 slices) avocado, peeled and thinly sliced
- .10 oz. sesame seeds and flaxseeds (mixed)

### Directions:

1. First, take a piece of nori and lay it on a bamboo mat.
2. Take brown rice that has cooled to room temperature and spread it evenly on the nori.
3. Next, add your crabmeat, sliced cucumber, and avocado onto the middle of the rice.
4. Finally, roll the sushi using the bamboo mat.
5. Slice into pieces and garnish with sprinkled sesame/flaxseed mixture.
6. Serve with a side dish of steamed edamame (4 oz.) and seaweed salad (4 oz.).