

California Shrimp Stack

Ingredients:

- 1 1/3 cups cooked short-grain brown rice (1/2 cup uncooked)
- 2 tablespoons rice vinegar
- 8 ounces cooked shrimp, peeled with tails removed
- 1 cup diced cucumber (about 1 small)
- 1 teaspoon chives, chopped
- 1/2 cup mashed avocado (about 1 medium)
- 1 teaspoon lemon juice
- 4 teaspoons sesame seeds
- 4 teaspoons low-sodium soy sauce
- 4 teaspoons mayonnaise
- 1 teaspoon Sriracha

Directions:

1. Cook rice according to package directions, omitting salt and oil. When rice is done, add rice vinegar and stir. Evenly spread rice on sheet pan to cool.
2. Cut shrimp into 1 inch cubes. In a small bowl, combine cucumber and chives. In another small bowl, combine mayonnaise and Sriracha. Drizzle lemon juice over mashed avocado to help prevent browning.
3. Using a 1 cup dry measuring cup, layer 1/4 cup cucumber, then 2 tablespoons of avocado, 1/4 of the shrimp, and 1/3 cup rice.
4. Carefully turn the cup upside down to turn the stack out onto a plate, lightly tapping the bottom of the cup if necessary. Sprinkle with sesame seeds and drizzle with 1 teaspoon soy sauce and Sriracha mayonnaise.

Nutrition Facts	
Serving Size 1 stack (227g)	
Servings Per Container 4	
Amount Per Serving	
Calories 260	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 210mg	9%
Total Carbohydrate 28g	9%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 18g	
Vitamin A 8%	• Vitamin C 20%
Calcium 8%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

Source: <http://www.skinnytaste.com>

