

SUSHI BAKE CUPS

Ingredients: Sushi bake Cups

- 1 1/2 cups cooked rice, I used jasmine but any rice will work
- 3 sheets nori/seaweed, cut into 12 squares, or use small sheets
- 1 lb salmon or shrimp (uncooked), cut into small pieces
- Pinch of salt
- 1/2 cup softened cream cheese
- 3 tb mayo
- 1 tsp sriracha
- 2 tb soy sauce or coconut aminos
- Green onions for garnish
- Muffin tin



Instructions

1. Cook rice according to your package instructions and allow to cool. Note 1/2 cup dry rice will give you about 1 1/2 cups cooked rice.
2. Preheat your oven to 400 F.
3. Pat salmon down with a paper towel. Remove skin and cut into small chunks sprinkle with salt and place in a bowl.
4. In a bowl, add softened cream cheese, mayo, soy sauce and mix well. Microwave if cream cheese is hard to mix. Add sauce into salmon bowl and mix.
5. Cut the seaweed sheets into even sized squares. Add 1-2 tb cooked rice to each square, pressing down with your fingers or the spoon. Press each square into a muffin tin.
6. Scoop 1-2 tb of the salmon mixture into each muffin cup. Bake for 15 minutes, then broil for 2 minutes at the end to get the top crispy.
7. Remove from oven, top with extra spicy mayo and chopped green onions for garnish. These are best served immediately but can keep for up to 2 days in refrigerator.

CUCUMBER SALAD

Ingredients: Cucumber Salad

- 1-2 ripe diced avocados
- 1 English cucumber or 3-4 small persian cucumbers, cut into rounds
- Juice of 1 lime
- Salt and pepper to taste
- Red pepper flakes to taste



Instructions:

1. Cut cucumber in to small bite-size pieces. Set aside in a bowl.
2. Cut avocado in half and spoon out flesh. Cut into bite size pieces and mix with cucumber.
3. Add juice of 1 lime. Season to taste with salt, pepper and red pepper flakes.
4. Mix together and enjoy!