

Salmon & Avocado Nori Wraps

<http://samanthaelaine.net>

Serves 4 (2 wraps per person)

Ingredients:

- 1 lb wild salmon
- Grapeseed oil spray
- Nori (seaweed) sheets
- 2 cups cooked brown rice
- 1 cucumber, thinly sliced
- 8 radishes, thinly sliced
- 1 avocado, sliced
- Tamari sauce **
- Citrus ponzu sauce *



Directions:

1. Preheat oven to 350. Line a baking sheet with foil and spray with grapeseed oil. Place salmon fillets on the sheet and season with salt and pepper. Let bake about 10-15 minutes, depending on thickness, until cooked through and flaky. Shred with a fork and set aside.
2. To make the wraps, place a sheet of the nori down on a plate. Spread $\frac{1}{4}$ cup rice out in a thin layer. Top with cucumber, radish, and avocado slices placed in a diagonal line across the nori and rice, stacking on top of each other. Top with salmon. Drizzle with tamari and ponzu sauce, about $\frac{1}{2}$ tsp each. Tuck in the corners and roll up like a burrito and serve with additional tamari and/or ponzu, if desired.



*If gluten-free, please use gluten-free ponzu sauce.

**Tamari sauce is naturally gluten-free. You may use regular soy sauce if you do not have this dietary restriction.

