

*Transform your lackluster canned tuna into an ethnic dish that is on trend! Transportable, colorful, fresh, and a great source of Omega-3's. It is sure to excite your students!*

## Spicy Tuna Sushi Bowl

*Yield: 32 servings*

*Component Contribution: 2 oz WG, 2 oz M/MA, ¾ Cup Vegetable (½ Cup Other, ¼ Cup Red/Orange)*



### Ingredients

- 1 (66.5oz) Can Tuna, Packed in Water, Drained
- 8 Quarts Brown Rice, Cooked
- 2 Quarts Shredded Carrots
- 2 Quarts Cucumbers, Sliced
- 2 Quarts Avocado, Sliced
- 2 Cups Water
- 2 Tbsp Lemon Juice
- 2 Cups Teriyaki Glaze
- 1.5 Cups Mayonnaise
- ¾ Cup Sriracha Sauce
- 2 Tbsp Less Sodium Soy Sauce

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## Instructions

### Day Before Service:

1. Cook brown rice according to package instructions. Cover tightly to keep grains from drying out and absorbing odors from other foods, and refrigerate overnight.

### Day of Service:

#### *Prepare Spicy Mayo*

2. Gather ingredients - mayonnaise, less sodium soy sauce, and Sriracha sauce. Place in a mixing bowl, and whisk together. Set aside for assembly.

#### *Prepare Other Ingredients*

3. Place teriyaki glaze in a bowl or container. Set aside for assembly.
4. Wash avocados and cucumbers thoroughly under cold running water.
5. Slice cucumbers 1/4 inch wide. Optional - cut into half moons. Place in a bowl or container. Set aside for assembly.
6. Cut, core, and peel avocados. Slice avocados 1/4 inch wide. Place in a bowl or container with lemon water to slow down browning. Set aside for assembly.
7. Place shredded carrots in a bowl or container. Set aside for assembly.
8. Open cans of tuna. Drain water. Place in a bowl or container. Set aside for assembly.
9. *Sushi Bowl Assembly*
  - Line grab n' go bowls on prep table
  - Using a #8 scoop, place 2 scoops (1 cup) of cooked brown rice as the base of the sushi bowl.
  - Fan out 1/4 cup of cucumber slices on the perimeter of each bowl. (About 4 round slices, or 8 half moon slices).
  - Fan out 1/4 cup of avocado slices on the perimeter of each bowl (About 3 slices).
  - Using a 2oz spoodle, place 1/4 cup of shredded carrots on the perimeter of each bowl.
  - Using an ounce scale, weigh out 2oz of drained tuna, and place in the middle of each bowl.
  - Drizzle 1 Tbsp teriyaki glaze in zig-zags across the entire bowl.
  - Drizzle 1 Tbsp spicy mayo in zig-zags across the entire bowl.
  - Close with the fitting container lid.
10. Refrigerate until ready to serve. Serve cold.
11. Offer 1 bowl to each student.

## Nutritionals

Calories	480	Fiber (g)	5.5
Total Fat (gm)	22.8	Sugars (g)	7.3
Saturated Fat (g)	3.6	Protein (g)	19.3
Cholesterol (mg)	55	Iron (mg)	1.3
Sodium (mg)	768	Calcium (mg)	19.2
Potassium (mg)	280	Vitamin A (iu*)	5403
Carbohydrates (g)	50	Vitamin C (mg)	35.9
		Vitamin D (mcg)	0

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