

**Customize Your Lunch Plate:**  
**A Virtual Dining Experience with Libby Mills**

**Presented by COPE**  
**Menu for March 9, 2021**

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**Sweet Spicy Tuna Nori Rolls**

Impressive to serve, easy to make and fun to eat, these Sweet Spicy Tuna Nori Rolls can be made the night before. Wrap in plastic wrap and refrigerate. Unwrap and slice just before serving.

Makes 2 rolls

Prep time: 10 minutes

Cook time: 0 minutes

Total time: 10 minutes

<b>Ingredients</b>	<b>Equipment and Tools</b>
<ul style="list-style-type: none"><li>• 2 sheets of nori seaweed paper</li><li>• 6-ounce can of tuna in water, drained (if using crab, drain and rinse)</li><li>• 4 tablespoons sweet chili sauce</li><li>• 1 teaspoon sriracha</li><li>• ½ cucumber, cut lengthwise</li><li>• 4 tablespoons rice or quinoa, cooked</li><li>• 4 avocado slices 1/8-inch thick</li><li>• 6-8 leaves of cilantro, mint, or basil (I'll be using mint)</li><li>• 2 tablespoons water</li></ul>	<ul style="list-style-type: none"><li>• Can opener</li><li>• Small mixing bowls</li><li>• Spoon</li><li>• Spoon measures: tablespoon</li><li>• Vegetable peeler (optional)</li><li>• Paring knife</li><li>• Cutting board</li><li>• Small bowl</li></ul>

**Preparation steps:**

1. Peel a cucumber if desired. Cut the cucumber in half lengthwise. With a spoon, scoop out the seeds. (The seeds can be saved and added to smoothies.). Of half of the cucumber, slice off two lengthwise strips 1/8-inch wide.
2. Slice a ½ inch wedge of avocado. Placing the wedge skin side down on the cutting surface, cut into 4 1/8-inch slices.
3. In a small mixing bowl, combine the tuna and sweet chili sauce.
4. In a second small bowl, pour a couple tablespoons of water.

5. Lay both nori papers on a clean dry surface. Divide the tuna mixture between the two nori papers. Using your fingertips spread and flatten the tuna mixture evenly over the nori paper, leaving 3/4-1 inch of the nori paper uncovered.
6. Position the nori paper so that the uncovered edge is away from you.
7. Starting at the edge opposite the uncovered nori paper, evenly spread 2 tablespoons of rice or quinoa over the tuna mixture. Be sure to cover the tuna mixture completely from right to left. You may not be able to cover all the tuna mixture with the grain.
8. Opposite the uncovered edge of nori paper, lay a strip of cucumber, two avocado slices and a bead of sriracha. Place several leaves of cilantro, mint, or basil. If the leaves are large, cut them in half lengthwise.
9. Starting at the edge closest to you, snugly roll the nori paper. When you get to the uncovered edge, wet your fingertip in the water. Dampen the inside surface of the uncovered nori paper. Seal the edge to the nori roll.
10. Evenly slice crosswise into rounds.

**Nutrition analysis per 2 rolls:**

328 calories; 25.6 g protein; 31.4 g carbohydrates; 6.2 g fiber; 1.3 g added sugar; 10.9 g total fat; 1.9 g saturated fat; 5.8 g monounsaturated fat; 2.0 g polyunsaturated fat; 36.0 mg cholesterol; 756.4 mg sodium