

Sushi Stack

Ingredients:

1 cup medium-grain white rice, cooked
1 pound fresh shrimp, peeled, deveined, and rinsed
½ teaspoon onion powder
½ teaspoon garlic powder
1 ½ teaspoon no salt Creole seasoning
2 tablespoon of olive oil
1 cup cucumber, diced
1 cup carrots, shredded
4 teaspoon Kung Pao sauce, 1 teaspoon per stack
Spicy Mayo
4 teaspoons
1 teaspoon sriracha sauce
Low sodium soy sauce (optional)
Sesame Seeds (optional)
Avocado (optional)

Instructions:

1. Cook rice according to package directions.
2. When the rice is cooked, evenly spread it on a pan to cool.
3. In a medium bowl, toss the shrimp with onion powder, garlic powder and no-salt Creole seasoning.
4. In a large skillet, add olive oil and seasoned shrimp. Cook over medium heat for about 3 minutes on each side.
5. Let shrimp cool. Then cut the shrimp in ½-inch cubes.
6. In a small bowl, stir together mayonnaise and siracha sauce.
7. Using a 1-cup dry measure, layer ¼ cup of cucumbers, ¼ cup of carrots, 1 teaspoon of kung pao sauce, ¼ cup of shrimp, then ¼ cup of rice. Press slightly to pack ingredients. Carefully turn the cup over onto a plate. Repeat with the rest of the ingredients to make 3 more stacks.

8. Drizzle with spicy mayo. If desired, top with soy sauce, sesame seeds and avocado. Serve.

Prep time: 8-10 minutes
Cook time: 30-40 minutes
Serves: 4
Source: LSU AgCenter

Nutrition Facts	
4 servings per container	
Serving size	1 stack
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 360mg	16%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 1mg	6%
Potassium 118mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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