Quick Nori Tuna Sushi Bowl

Servings: 2-3  Total Time: 15-25 min

INGREDIENTS
2 cups cooked rice
1/2 Tbsp rice vinegar
5 oz can tuna (or two 2.6 oz pouches)
1/2 Tbsp soy sauce
2 strips dried seaweed snack

Optional toppings: thinly sliced cucumbers, shredded carrots, sliced avocado, Sriracha, drizzle of toasted sesame oil, sesame seeds

PREPARATION
Prepare rice according to package instructions. Add rice vinegar and mix well to coat. Taste and add additional, if needed. Add tuna and soy sauce and mix to combine. Add additional toppings as desired. Enjoy!

Tips: Use brown rice for added fiber and nutrients! Try microwaveable or quick-cook rice to save time. Try a fried egg or steamed edamame as quick and easy alternative sources of protein.

Store leftovers in an air-tight container in the refrigerator for up to 3 days.

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Sriracha Nori Popcorn

**INGREDIENTS**

1/2 cup popcorn kernels (or 1 bag microwave popcorn)
2 Tbsp oil (try olive, canola or veg.)
1-2 Tbsp sriracha, or more to taste
2-3 sheets seaweed snack, crumbled (optional) pinch of salt

**PREPARATION**

In a large pot over medium heat, add oil. Add two popcorn kernels and cover pot with lid. Once the two popcorn kernels pop, add the rest of the kernels and cover with lid. Cook, gently shaking the pot every 15 seconds to prevent kernels from burning. Cook until popping slows down with ~3 seconds between pops. Remove pot from heat and remove lid.

Drizzle sriracha on top and gently toss to coat. Sprinkle crumbled seaweed and salt on top, if using. Pour into a serving bowl and enjoy! Store leftovers in a tightly sealed bag for 1-2 days.

**Nutrition:** Did you know popcorn is a whole grain? This recipe is a quick and easy high-fiber snack!

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