Sushi sandwiches (serves 2 –4)

Preparation time: 15 mins
Cooking time: Nil

Ingredients:

4 slices of wholemeal bread, crusts removed
2 tablespoons of spreadable low fat cream cheese
95g can tuna in spring water, drained
½ medium avocado, peeled, thinly sliced (or cucumber strips)
½ medium carrot, peeled and grated.

Method:

1. Place bread slices on a chopping board. Using a rolling pin, flatten bread. Spread one side of each slice with cream cheese.

2. Arrange tuna, avocado and carrot in rows next to each other on bread, leaving a 1 cm border along one edge.

3. Roll up bread from opposite edge to enclose filling. Cut each roll into 3 rounds.

• Use low fat mayonnaise instead of cream cheese.
• Use smoked salmon instead of tuna and add some fresh dill or basil.

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