



TUNA RICE CABBAGE ROLLS



INGREDIENTS

ITEM

QUANTITY

- Canned Tuna in Water, drained 4 oz.
- Mayonnaise 2 Tbsps.
- Fresh Lemon Juice 1 Tsp.
- Sliced Green Onion Tops 1 Tbsp.
- Sesame Oil ¼ Tsp.
- Salt and Black Pepper, to taste
- Small Napa Cabbage Leaves 3
- Cooked White Rice, cooled ½ Cup
- Shredded Carrots ¼ Cup
- Thinly Sliced Cucumber ¼ Cup
- Sesame Seeds 1 Tsp.

SERVING SIZE

1



PREPARATION

- Bring a pot of water to a gentle boil.
- Blanch the Napa cabbage leaves for 1-2 minutes, until softened.
- Transfer the leaves to cold water and pat dry.
- In a bowl, combine the tuna, mayonnaise, lemon juice, green onion tops, sesame oil, salt, and pepper.
- Place one cabbage leaf on a clean work surface.
- Place approximately one-third of the rice down the center.
- Add one-third of the tuna mixture, carrots, and cucumber.
- Fold the sides inward and roll tightly from the bottom.
- Repeat with the remaining ingredients.
- Sprinkle with sesame seeds.
- Serve immediately or refrigerate until ready to eat.