



## California Roll in a Bowl



Entire recipe: 191 calories, 6g total fat (1g sat. fat), 700mg sodium, 26g carbs, 5g fiber, 9.5g sugars, 10g protein

**Prep:** 5 minutes    **Cook:** 5 minutes

**Cool:** 15 minutes



More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Single Serving](#)

### Ingredients

- 1 cup riced cauliflower (or 1 1/4 cups roughly chopped cauliflower)
- 1 1/2 tsp. seasoned rice vinegar, or more to taste
- 3 oz. roughly chopped imitation crabmeat
- 1 oz. (about 1/4 cup) sliced avocado
- 1/4 cup seedless cucumber cut into matchstick-sized strips
- 1/4 tsp. black sesame seeds (see HG FYI)
- 1/4 tsp. white sesame seeds
- Optional topping: soy sauce
- Optional garnishes/sides: pickled ginger, wasabi

### Directions

If starting with roughly chopped cauliflower, pulse in a blender until reduced to rice-sized pieces.

Place riced cauliflower in a medium microwave-safe bowl. Cover and microwave for 2 minutes, or until hot and soft.

Stir in rice vinegar. Let cool for 15 minutes.

Top with remaining ingredients.

MAKES 1 SERVING

**HG FYI:** If you can't find black sesame seeds, double up on the white sesame seeds.

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