



## 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

**Freestyle™ SmartPoints®** value 5\*

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

**Cool:** 15 minutes

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

### 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.

**SmartPoints®** value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.