

Watermelon Poke Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Ingredients	Quantity	Measure
Sushi rice, dry	2	cups
Cold water		1 ½ pints (3 cups total)
Salt	½	tsp.
Radishes	5	each
Cucumber	2-3	each
Brazil nuts	2 ½	ounces
Sesame Oil	1 2/3	Tbsp.
Tamari	1/3	cup
Rice vinegar	1/4	cup
Nori, crushed, divided	1/4	cup
Avocado	2-3	each
Watermelon		1 ¼ pints (2 ½ cups total) or 1 ¼ pound

Preparation

1. Combine the sushi rice, cold water and salt to a small saucepan over high heat. Bring water to a boil, reduce heat, cover, and cook the rice until tender, about 20-25 minutes. Remove pan from heat and let stand five minutes.
2. Meanwhile, prepare the toppings. Thinly slice the radishes and cucumbers into rounds. Roughly chop the Brazil nuts. Cube the watermelon. Set toppings aside.
3. In a medium bowl, whisk together the sesame oil, tamari, rice vinegar and HALF of the crushed nori. Season with salt and pepper.
4. Halve the avocados, remove the pits, and thinly slice the flesh.

Serving

1. Fluff the rice with a fork and scoop the rice into a large bowl.
2. Top the rice with the watermelon, radishes, cucumbers, and avocado.
3. Sprinkle the Brazil nuts over the fruit and vegetables.
4. Drizzle the dressing evenly over the toppings and sprinkle with the remaining crushed nori.

Nutrition Information

 *From USDA Nutrient Database

Calories: 313 Total Fat: 15g Saturated Fat: 2.5g Monounsaturated Fat: 7.6g Polyunsaturated Fat: 3.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 41g Fiber: 11g Total Sugar: 6g Protein: 6.5g Sodium: 766mg Vitamin A: 18µg Vitamin C: 22mg Calcium: 39mg Iron: 2mg Folate: 54µg



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