

Ingredients

(Serves 10 as a main portion / 20 for entree*):

- 20 slices of wholemeal or multigrain bread
- Low fat cream cheese
- 2 cucumbers
- 1 capsicum
- 2 avocados
- 2 x 475g can tuna in springwater
- 2 tablespoon low fat mayonnaise



Method:

1. Place bread on a cutting board and cut the crusts off. Flatten each piece with a rolling pin. Spread cream cheese over the entire piece of bread.
2. Cut cucumber, capsicum and avocado into long thin strips.
3. Drain tuna and break it up with a fork into smaller chunks. Add 1 tablespoon of mayonnaise to the tuna and mix it through.
4. Arrange assorted fillings in rows over the bread, leaving a 1 cm space on one side.
5. Roll the sushi up tightly to keep it together. Cut each sushi roll into 3 pieces.

Other fillings to try:

- Chicken, avocado and salad
- Chicken, Mexican salsa, grated cheese and salad
- Egg, lettuce and cream cheese
- Ham, tomato, carrot and cream cheese

Food group	Serves provided per portion (main size)
Vegetables and legumes	0.4
Grain (cereal) foods	2
Lean meat and alternatives	1

*Main = 2 slices of bread, entree = 1 slice of bread