

Sushi Salad

Serves 4



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 8 cups baby spinach
- 2 cups cooked and cooled brown rice
- 1 ½ cups shelled edamame
- 1 cup shredded carrots
- 1 cup cucumber, julienned
- 1 cup avocado, sliced
- 0.25-0.5 ounces toasted seaweed, cut into thin strips

Dressing

- 3 tablespoons rice vinegar
- 3 tablespoons olive oil
- 2 tablespoons reduced sodium tamari
- 2 teaspoons wasabi powder
- 1 ½ teaspoons water
- ½ teaspoon sugar

Directions

1. Whisk dressing ingredients in a small bowl until well combined.
2. Toss dressing with remaining salad ingredients and serve immediately.

Notes

If you need this meal to be gluten-free, always double check labels. Tamari is usually gluten-free, but soy sauce is not.

Optional additions: pickled ginger, sliced bell pepper, mango, or fish (not vegan)

Recipe from [Plant-Powered Meals cooking class, Fall 2017](#)