

Ingredients (Serves 6 as a main portion / 15 for entree):

- 12 slices of wholemeal bread
- Low fat cream cheese
- 1 cucumber
- ½ capsicum
- 1 avocado
- 1x 475g can tuna in springwater
- 1 tablespoon low fat mayonnaise



Involving the Children:

Kids can assist with rolling the bread for the sushi.

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 but leave 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