



Shrimp Sushi Jar Salad

INGREDIENTS

1 ½ cups Hy-Vee long grain white instant rice, dry
1 ½ cups water
2 tbsp unseasoned rice wine vinegar
2 tbsp Hy-Vee granulated sugar
1 (8-oz.) pkg. frozen shelled edamame
1 (12-oz.) pkg. Fish Market frozen cooked peeled and deveined shrimp, (51 to 60 ct.)
2 tbsp Hy-Vee less sodium soy sauce
1 tsp fresh gingerroot, grated
¾ cup Hy-Vee Homegrown carrots, cut into matchsticks
¾ cup Hy-Vee Homegrown red cabbage, shredded
1 sheet(s) dried nori seaweed, cut into 1¾-x-1/40-inch strips
2 tsp sesame seeds, toasted

PREPARATION

- 1** Combine rice, water, rice vinegar, and sugar in a microwave-safe bowl. Loosely cover with plastic wrap. Microwave on HIGH 5 minutes. Let stand, covered, 5 minutes. Fluff with fork; cool.
- 2** Microwave edamame according to package directions; let stand 1 minute. Open package; set aside ¾ cup and cool. Reserve remaining edamame for another use.
- 3** Pat shrimp dry with paper towels. Combine soy sauce and gingerroot in a medium bowl. Add shrimp; toss to coat. Transfer shrimp and liquid to 4 (1-pt. each) canning jars. Layer with reserved ¾ cup edamame, carrots, and red cabbage. Add rice mixture. Top with nori sushi strips and toasted sesame seeds. Place lids on jars. Refrigerate up to 2 days.

NUTRITION FACTS

Calories: 310
Total Fat: 3.5g
Saturated Fat: 0g
Trans Fat: 0g
Cholesterol: 135mg

Sodium: 570mg
Carbohydrates: 41g
Fiber: 4g
Sugar: 9g
Protein: 27g