

IT'S SUSHI TIME!

BARIATRIC FRIENDLY

Recipe by: [Chef Henry Baker](#)

 [chef_healthy_henry_wls](#)



TACO SUSHI ROLL

 4 servings



prep: 20 minutes

cook: 25 minutes

total: 45 minutes

(Refrigerate extra 2hr)

**284 calories, fat 14g, carbs 21g,
sugar 19g, 8.5g fiber, & protein 15.5g**

INGREDIENTS

Shell for Taco

- Nori (Dried Seaweed)

Rice

- 1 head cauliflower
- 1 tbsp oil
- 1-2 tbsp rice wine vinegar (depending on size of cauliflower head).

- 1 teaspoon salt

Tofu

- 16oz container Tofu cut into 1/4 inch cubes
- 1 tbsp oil
- 1/4 tsp black pepper
- 1/4 tsp cumin
- 1/4 tsp turmeric
- pinch salt

INSTRUCTIONS (PAGE 1)

RICE

1. Cut the cauliflower into pieces small enough to fit in a food processor. Pulse until you have a rice like consistency. In a pan add the oil then add the rice sauté until slightly browned. About 5 min.
2. In a large bowl add the rice, vinegar, and salt. Toss.

TUFU

1. In a large bowl combine the spices then toss with the tofu
2. Heat the oil then add the tofu and sauté for about 8-10 min or desired texture

SHELL FOR TACO

1. Lay down Nori (seaweed)
2. Place riced cauliflower on top
3. Place Tofu on top of rice

Optional: serve with jalapeno relish / pickled onion

See next page for continued recipe



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INGREDIENTS

Jalapeño relish (optional)

- 6 large jalapeños
- 3 large red chile peppers
- 2 large serrano peppers
- 1/3 cup fresh whole garlic cloves peeled
- 1 teaspoon salt
- 1/3 cup rice vinegar

Pickled red onion

- 1 large red onion, thinly sliced
- 1 1/4 c. apple cider vinegar
- 1/2 c. water
- 3 tbsp. granulated sugar
- 1 tbsp fiber
- 1 tbsp. kosher salt
- Pinch of crushed red pepper flakes (optional)

INSTRUCTIONS (PAGE 2)

JALAPENO RELISH (OPTIONAL)

**Wear gloves to prevent burn from jalapeno*

1. Cut off stems on peppers and discard.
2. Throw all ingredients in a food processor and pulse until a finely paste texture.
3. Refrigerate in an airtight container.

PICKLED RED ONION (OPTIONAL)

1. Place onion in a large jar with a tight-fitting lid.
2. In a medium saucepan over medium heat, bring vinegar, water, sugar, and salt to a boil. Stir until sugar and salt dissolve. Add in red pepper flakes, if using, then pour mixture over onions.
3. Let cool to room temperature, then cover and refrigerate until ready to use.
4. Should prepare 2 hours ahead so they have a chance to fully marinate.

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BLACK SUSHI ROLL



4 servings



prep: 15 minutes

cook: 25 minutes

total: 40 minutes

110 calories, fat <1g, carbs 23g,

<1g fiber, & protein 2.25g

(*This does not include added vegetables /protein)

INGREDIENTS

Shell for Taco

- Nori (Dried Seaweed)

ROLL

- 2c black rice
- 3c water
- 4 tbsp spiced rice vinegar
- 1 teaspoon sugar
- 1 teaspoon salt
- pinch salt
- your choice of vegetables and protein (*ie. crab, celery, carrots*)

SUPPLIES:

- Bamboo Mat / Roller

INSTRUCTIONS (PAGE 1)

1. Rinse the rice and add it and the water to a medium size pan and bring to a boil over medium heat. Reduce to the low cover with a tight fitted lid and cook 25-30 minutes until water evaporates and rice is a rice-like consistency.
2. Add rice to a big plastic or wood bowl.
3. Combine rice vinegar sugar and salt mix well and add to the rice. Once it's fully mixed spread the rice into a thin layer to help cool faster. *Have a bowl of water and a damp towel available to you because the rice gets sticky and as you work frequently dip your fingers into the bowl of water.*
4. Wrap the bamboo mat in plastic wrap Then lay it flat on a cutting board and place one sheet of seaweed shiny side down. Spoon about a half cup of rice onto the seaweed and gently spread it to the edges but leave about a one inch boarder at the far end.

Recipe continued next page



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INSTRUCTIONS (PAGE 2)

5. Add a little water to the exposed 1 inch at the far end.
- 6 Add your vegetables and protein to the end closest to you then using the mat roll began rolling and pressing the roll so it stays together.
7. Once the roll is formed use a sharp knife to cut the roll in half's after each cart. Also after each cut dip your knife into the bowl of water and let the water drip down the knife so you get smooth cuts.



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CUCUMBER SALAD

 4 servings  prep: 25 minutes
cook: 0 minutes
total: 25 minutes

112 calories, fat 4.5g, carbs 14.75g,
fiber 7.5g, & protein 3.8g

INGREDIENTS

- 6 Persian cucumbers, sliced
- 1/2 teaspoon sea salt
- 3 tbsp rice wine vinegar
- 1 tbsp sesame oil
- 1.5 tbsp tamari or soy sauce
- 1 tbsp honey
- 1/4 cup of green chives, chopped
- 1/2 Tbsp sesame seeds
- 1 tbsp fiber

Optional:

- 1/4 tsp red pepper flakes

INSTRUCTIONS

1. Slice cucumbers very thinly.
2. Sprinkle them with sea salt and toss. Let cucumbers sit with the salt for 15 mins so they release the excess moisture. Soak the excess moisture out with paper towel.
3. Add vinegar, sesame oil, soy or tamari, honey, sesame seeds and chives to cucumbers. **Optional: red pepper flakes,*



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MISO SOUP

 4 servings  prep: 10 minutes
cook: 14 minutes
total: 24 minutes

169 calories, fat 5.25g, carbs 16g,
fiber 2g, & protein 11g

INGREDIENTS

- 6 cups dashi or chicken broth
- 1 tbsp grated ginger
- ½ cup shredded carrot
- ⅓ cup mirin (*contains alcohol*) - may substitute for rice wine vinegar
- ⅓ cup white miso
- 1/2-16-ounce package soft or firm tofu, drained and cut into 1/4 inch cubes
- 2 green onions cut into 1/4 inch dice
- 1 cup mushrooms
(*Bunashimeji, shiitake, or oyster work well*)

INSTRUCTIONS

1. In a saucepan, combine the dashi and ginger and bring to a boil over high heat. Add the carrots and mirin. Then reduce the heat to low, cover, and simmer until the carrots are tender, about 5 minutes.
2. Stir in the miso, blending until smooth.
3. Add the tofu and green onions and simmer over low heat until the tofu is heated through, about 2 minutes.
4. Ladle the soup into bowls and serve.