Asian Crunch Alaska Surimi Seafood Wrap
with Spicy Soy Mayo

Prep time: 15 minutes  Servings: 4

Spicy Soy Mayo:
1/4 cup light mayonnaise
2 to 3 teaspoons sambal oelek (Asian chili sauce), to taste
1 Tablespoon soy sauce
1 Tablespoon toasted sesame oil
1/4 cup SEASONED rice vinegar
1 package (8 oz.) Alaska Surimi Seafood (Imitation Crab)
1/2 cup thinly sliced green onion
3 cups shredded coleslaw mix
6 Tablespoons coarse-chopped cilantro
4 large burrito-style flour tortillas (spinach or whole wheat)
1 whole ripe avocado
1/2 cup crushed peanuts or almonds

Spicy Soy Mayo: Combine mayonnaise, sambal oelek, and soy sauce. Refrigerate until ready to use.

In a large bowl, whisk sesame oil and vinegar together. Add Alaska Surimi Seafood, green onion, coleslaw mix and cilantro. Toss to coat well. Refrigerate until ready to use. Do not make more than 30 minutes before building wraps.

To build each wrap: Bring tortillas to room temperature. Place 1/4 of the surimi mixture in the center of a tortilla. Slice 1/4 of the avocado into thin wedges and lay on top of surimi. Drizzle with 1 1/2 tablespoons of Spicy Soy Mayo. Sprinkle with 2 tablespoons of nuts. Roll, burrito style; slice in half on a bias for serving.

Cook’s Tip: Make extra Spicy Soy Mayo sauce for dipping.

Nutrients per serving: 647 calories, 30g total fat, 5.5g total fat, 42% calories from fat, 22mg cholesterol, 23g protein, 74g carbohydrate, 11g fiber, 1604mg sodium, 224mg calcium, and 280mg omega-3 fatty acids.