



Puffed Wild Rice Crisps with Poke

Yield: 48 appetizers

Ingredients

Crisp:

- 4 c. InHarvest Puffed Wild Rice
- 2 c. InHarvest Puffed Brown Rice
- 1 c. sesame seeds
- 1½ c. light corn syrup
- 4 T. soy sauce
- 1 t. sesame oil
- 2 T. candied ginger, finely chopped
- 1 t. red chili flakes

Poke:

- 16 oz. ahi tuna, ½" diced
- 2 medium avocados, ½" diced
- 4 scallions, thinly sliced
- ½ t. sesame oil
- ½ t. soy sauce

Directions

1. In a large bowl, blend together the InHarvest Puffed Wild Rice, InHarvest Puffed Brown Rice and sesame seeds. In a separate bowl, whisk together the corn syrup, soy sauce, sesame oil, candied ginger, and chili flakes. Mix the two bowls together until well blended.
2. Preheat oven to 400°F. Spread mix onto a light greased, large sheet pan and use a rolling pin to distribute mix as evenly and thinly on sheet pan as possible.
3. Bake for 5 minutes or until crisp is toasted on bottom.
4. Set aside to cool and once cool, break crackers into bite-sized pieces.
5. To make Poke, blend all ingredients into bowl just before serving.
6. Assembly: Place 1 T. poke onto top of each crisp and serve room temperature.

Nutrition Facts

Per serving: 110 cal., 4 g pro., 17 g carb., 1 g fiber, 3 g fat (0 g sat. fat) 5 mg chol., 70 mg sod., 4 g sug.