

Salmon Hand Rolls

- 4 sheets of toasted nori, cut in half
- 4 oz smoked salmon, diced bite-size
- 3 eggs, beaten with a teaspoon of Dijon mustard and a pinch of sea salt and freshly ground black pepper
- 1 ripe avocado, thinly sliced
- 1-2 t wasabi (optional)
- 2 t sesame seeds
- 2 t black caviar (not the expensive kind)
- 2 T low-fat cream cheese, room temperature
- 4 romaine lettuce leaves, spine removed and thinly shredded lengthwise
- 1/4 c finely chopped [vidalia onion](#), red onion, scallions or chives
- 1 t butter

Combine eggs with mustard and a little salt and pepper. Heat butter in a small frying-pan. Cook an omelet. Cool, then cut the omelet into strips.

Lay down a sheet of nori, shiny side down. Make a thin line of wasabi at an angle, from one corner to the middle (see photo above). Add a thin line of cream cheese. Add a portion of egg, salmon, avocado and red onion, all on an angle on. Roll the nori into a cone shape. Use a dab of cream cheese to seal the tip of the nori. Top the cone with a little caviar and a sprinkling of sesame seeds. Repeat with all the other nori sheets. Serves 4.

Jittery Cook