



Veggie Sushi Rolls

Prep time: 20 min
Cook time: 30 min
Makes 24-32 pieces

INGREDIENTS

- 2 cups cooked short-grain brown rice
- 2 tablespoons rice vinegar
- 4 sheets toasted nori (seaweed)
- 1 carrot, grated
- 1 cucumber, cut into thin strips
- 1 bell pepper, cut into thin strips
- 1 avocado, cut into thin strips
- Low-sodium soy sauce

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. In large bowl add rice vinegar to the cooked rice and toss. Set aside.
2. Lay one sheet of nori, shiny side down, on a piece of parchment paper that is bigger than the nori by a few inches all around. You can use a sushi mat if you have one.
3. Spoon about 1/2 cup rice onto the sheet of nori. Dip your fingers in water (this helps prevent the rice from sticking), then pat the rice into an even layer, going all the way to the sides but leaving a 1 inch border across the top and bottom.
4. Line some grated carrot across the bottom third. Top with some strips of cucumber, bell pepper and avocado.
5. Hold the parchment and use it to roll the nori over the filling. The first roll should go all the way around the filling. Use the parchment to tighten the first roll, squeezing the filling into a nice tight log. Continue rolling, using the parchment to keep the log tight. Once you get to the end, wet the edge of the nori with a little water to seal it.
6. Continue with all of your rolls. Cut each roll into 6 or 8 pieces with a sharp wet knife.
7. Serve with soy sauce for dipping.

Sushi is a Japanese dish of prepared vinegared rice topped with a variety of ingredients such as seafood, often raw, eggs and vegetables.

Nori is dried edible seaweed.



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