



SIMPLE VEGGIE SUSHI

QUICK INFORMATION

TIME  1 HR 45 MINS	SERVES  3	CALORIES  350	GLUTEN FREE  RECIPE	VEGAN  RECIPE	VEGETARIAN  RECIPE
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INGREDIENTS

- 1 cups Lundberg Family Farms Sushi Rice
- 1½ cups water
- 2 Tbsp. seasoned rice vinegar
- 3 (8 X 7 inch) sheets roasted nori
- 1 hot house cucumber, peeled, seeded and cut into 1/16-inch-thick matchsticks
- 1 carrot, peeled and cut into 1/16-inch-thick matchsticks
- 1 avocado, peeled and pitted, sliced in ¼ inch-thick pieces
- Optional additions: green onions, sprouts, stir-fried extra-firm tofu, steamed asparagus tips, julienned raw summer squash
- Accompaniments: soy sauce, wasabi paste, pickled ginger

NUTRITIONAL FACTS	
Serving Size: 4 pieces	
AMOUNT PER SERVING	
Calories 350	Calories from Fat 90
Total Fat 10g Saturated Fat 1.5g Trans Fat 0g	
Cholesterol 0mg	
Sodium 200mg	
Total Carbohydrates 60g Fiber 7g Sugar 6g	
Protein 7g	

PREPARATION

In a large fine sieve rinse the rice under running cold water until the water runs clear with no milky residue and drain it well. In a large saucepan combine the rice with 1½ cups water and soak for 30 minutes. Bring the water to a boil, reduce heat to very low and simmer, covered tightly, for 20 minutes, or until the water is absorbed and the rice is tender. Remove the pan from the heat, let the rice stand covered for 10 minutes; transfer it to a wide, shallow glass bowl, spreading it in an even layer. Sprinkle the rice with vinegar to moisten it lightly, tossing it carefully, and cover it with a dampened cloth. (Do not chill the rice.) The rice may be made 3 hours in advance and kept, covered with the dampened cloth, at room temperature.

Place bamboo sushi mat on a work surface with slats running crosswise. Arrange 1 sheet nori, shiny side down, on mat, lining up a long edge of sheet with edge of mat nearest you. Using damp fingers gently press about ¾ cup rice onto nori in 1 layer, leaving a ½-inch borders on long sides. Arrange several of the cucumber, carrot, and avocado in even strips horizontally across the rice, starting 1 inch from side nearest you.

Beginning with edge nearest you, lift mat up with your thumbs, holding filling in place with your fingers, and fold

mat over filling so that upper and lower edges of rice meet, then squeeze gently but firmly along length of roll, tugging edge of mat farthest from you to tighten. (Nori border will still be flat on mat.) Lightly moisten top nori border with water. Open mat and roll log forward to seal with nori border. Make remaining logs in same manner. Transfer roll, seam side down, to a cutting board; let "rest" for a few minutes then cut each log crosswise into 6 pieces with a wet thin-bladed or serrated knife. Serve with wasabi paste, soy sauce, and pickled ginger.