

EASY, VEGGIE - FULL SUSHI ROLLS AT HOME

(No Raw Fish Required)

Ingredients:

- 3 cups short-grain sushi rice, rinsed
- 1/3 cup rice vinegar
- 3 tablespoons sugar
- 1 tsp. Salt
- 10 nori sheets (dried seaweed) halved
- 1 Carrot
- 1 Cucumber
- 1 Avocado
- 1 Red Bell Pepper
- 1 Baked Sweet potato
- 1 Cup shitake or any type of mushrooms
- *Optional:*
 - Wasabi paste, for serving
 - Pickled ginger, for serving
- *You can add or replace any cooked or raw vegetables you prefer and any protein options, such as eggs, shrimp, or tofu!



**If you do not have a sushi rolling mat, take a tea towel, fold it in half lengthwise and lay flat on a counter. Cover it in plastic wrap, stack your ingredients, and then roll them up using the towel to guide the process. Just don't press too hard, otherwise the nori wrapper will tear.

Directions:

1. Make the rice according to the package instructions. A rice cooker will be easiest, but if you don't have one, a saucepan will work too. Make sure you are using sushi rice. You can use other types of rice, but sushi rice will give you the best results.
2. While your rice is cooking, Slice your vegetables of choice into matchsticks / thin, long slices and cook your mushrooms, if using.
3. Combine the vinegar, sugar and 1 teaspoon salt in a saucepan over medium heat, stirring to dissolve the sugar. Transfer the cooked rice to a large bowl. Drizzle a quarter of the vinegar mixture onto the rice. Fold the rice gently with the spoon to cool it and very gently break up clumps.
4. Fold in the remaining vinegar mixture and let the rice sit 5 minutes.
5. **To spread the rice:** Cover a bamboo sushi mat or folded tea towel with plastic wrap.* Place a half nori sheet rough-side up on the mat. Moisten your hands and scoop a handful of rice, slightly larger than a lemon, onto the nori. Press the rice to spread it evenly up to the edges of the nori, moistening your fingers as you go. Sprinkle with sesame seeds.
6. Over the bottom quarter of the nori, layer your vegetables of choice. Use your fingers to hold the filling in place while you begin to roll the nori. Squeeze the bamboo mat around the roll as you go to ensure a tight sushi roll. Transfer the sushi roll to a cutting board and cut it in half, then cut each half into quarters for a total of 8 sushi pieces.



Serving Size:
1 Roll
(Makes 20 rolls)

Nutritional Analysis	Per Serving
Calories	143 calorie
Total Fat	1 grams
Saturated Fat	0 grams
Cholesterol	0 milligrams
Sodium	137 milligrams
Carbohydrates	29 grams
Dietary Fiber	2 grams
Protein	3 grams
Sugar	3 grams



**This recipe has been adapted by the South Plains Food Bank SNAP-Ed Department.*

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