

Vegetable Sushi

Makes: 5 servings



Total Time: 1 hour 20 minutes

Ingredients:

- ♥ 3 cups short-grain Japanese rice, rinsed
- ♥ 1/3 cup rice vinegar
- ♥ 2 tablespoons sugar
- ♥ 10 nori sheets (dried seaweed), halved
- ♥ ¼ cup sesame seeds, no added salt, for sprinkling
- ♥ 1 cucumber, peeled
- ♥ 1 avocado
- ♥ 2 plum tomato, seeded
- ♥ 1 small red onion
- ♥ 20 asparagus spears, trimmed and blanched
- ♥ Wasabi paste, for spreading and serving
- ♥ 1 romaine lettuce heart
- ♥ Pickled ginger, for serving
- ♥ 1 tsp. salt

PREPARATION

1. Make the rice. In saucepan, 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 wooden bowl. Drizzle a quarter of the vinegar mixture over a wooden spoon or spatula onto the rice. Fold the rice gently with the spoon to cool it and break up any clumps; be careful not to smash the grains. Fold in the remaining vinegar mixture and let rice sit 5 minutes.
2. Cover a bamboo sushi mat 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.
3. Prepare the vegetables. Peel the cucumber and slice into matchsticks. Thinly slice the avocado, tomato and red onion; peel the tough ends of the asparagus.
4. Add filling by carefully flipping over the nori so its rice side down on the mat with the short end facing you. Arrange a few pieces each of lettuce, cucumber, avocado, tomato, and onion in a tight pile in the lower third of the sheet. Roll the sushi. Roll the sushi away from you with your hands, tucking in the vegetables as you go. Remove the mat from under the roll and place it on top. Press the roll into a compact rectangular log, using the mat to help you. Slice the roll. Cut the sushi roll into 4 to 6 pieces. Repeat with remaining ingredients.

Nutrition Facts			
Serving Size: 4 sushi rolls			
Servings: 1			
Amount Per Serving		Calories from Fat 70	
		% Daily Value*	
Total Fat	8g		12%
Saturated Fat	1g		6%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	500mg		21%
Total Carbohydrate	55g		18%
Dietary Fiber	8g		34%
Sugars	12g		
Protein	10g		
Vitamin A 250%		Vitamin C 45%	
Calcium 8%		Iron 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Healthy Options