Rainbow Sushi

Source: Your Body in Balance by Neal Barnard, MD; recipe by Lindsay S. Nixon

The brightly colored vegetables used in this sushi are loaded with cancer-fighting antioxidants!

About the Recipe

83 Calories · 2 g Protein · 3 g Fiber
Dinner
Nut-free

Ingredients

Makes 4+ Servings

- 1 1/2 c (285 g) cooked rice or quinoa
- 1 red bell pepper, sliced
- 2 beets, sliced or shredded
- 1 cucumber or zucchini, sliced or shredded
- 2 carrots, sliced or shredded
- 1 avocado, sliced or mashed
- 12 sheets nori seaweed
- to taste sesame seeds (optional) **optional*
- 1 tsp (5 mL), or to taste hoisin sauce (optional) **optional*
- 4 tbsp (60 mL) rice vinegar (optional) **optional*
- 1/8 tsp (0.6 mL) agave nectar (optional) **optional*

Directions

1. Cook the brown rice according to package. You can optionally season the cooked rice with 2-4 tbsp (30- 60 mL) of rice vinegar and a few drops of agave.
2. Spread cooked rice on top of each nori sheet.
3. Top with avocado and veggies, plus a sprinkling of sesame seeds if using.

4. Tightly roll into a log shape. Repeat. Cut nori rolls into smaller pieces. Dilute hoisin sauce with water for a dipping sauce, if desired.
5. Note: Use a short-grain brown rice or you can swap rice for quinoa.

Nutrition Facts

Per roll (1/12 of recipe):

Calories: 359 kcal
Fat: 8 g
    Saturated Fat: 1 g
    Calories From Fat: 18%
Cholesterol: 0 mg
Protein: 10 g
Carbohydrates: 68 g
Sugar: 7 g
Fiber: 11 g
Sodium: 113 mg
Calcium: 64 mg
Iron: 3.2 mg
Vitamin C: 47 mg
Beta-Carotene: 4206 mcg
Vitamin E: 2.1 mg