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)
- 1 tsp (5 mL), or to taste hoisin sauce (optional)
- 4 tbsp (60 mL) rice vinegar (optional)
- 1/8 tsp (0.6 mL) agave nectar (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