Rainbow Sushi

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

Find this recipe and more in *Your Body in Balance* by Neal Barnard, MD!

About the Recipe

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

Ingredients

Makes 4+ Servings

- cooked rice or quinoa (3 cups)
- sliced red pepper (1 cup)
- sliced or shredded beets (1/2 cup)
- sliced or shredded cucumber or zucchini (1 cup)
- sliced or shredded carrots (3/4 cup)
- avocado, sliced or mashed (1)
- nori seaweed (12 sheets)
- sesame seeds (to taste)
- hoisin sauce (to taste)
- rice vinegar (2-4 tbsp.)
- agave nectar (a few drops)

Directions

1. Thinly slice or shred vegetables. Optional: Season cooked rice (or quinoa) with 2-4 tablespoons of rice vinegar and a few drops of agave.
2. Spread cooked rice (or quinoa) 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.

Nutrition Facts

Per roll (1/12 of recipe)

Calories: 83
Protein: 2 g
Carbohydrate: 15 g
Sugar: 1 g
Total Fat: 2 g
  Calories from Fat: 20%
Fiber: 3 g
Sodium: 27 mg