

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

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

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