Nori Maki Sushi Bites

Source: Natural Vegan Kitchen by Christine Waltermyer

Don’t be intimidated when it comes to making sushi; it’s easier than you think once you get the knack of it. All you need is a sushi mat and the right ingredients to be able to dazzle your friends with your sushi-making finesse.

About the Recipe

88 Calories · 4 g Protein · 1.3 g Fiber
Gluten-free · Nut-free

Ingredients

Makes Makes 24 pieces Servings

- 1 1/2 cups (285 grams) brown rice
- 3 sheets toasted nori sea vegetable
- 1 cup (240 grams) ready-made baked marinated tofu
- 1 avocado
- 1 cucumber
- 1/2 cup (120 grams) pickled ginger
- Wheat-free tamari, for dipping

Directions

1. Cook the rice according to package directions. Cut the tofu, avocado, and cucumber into long, thin strips. Fill a small bowl with water (to use for your hands) and keep a damp cloth nearby. Set out all the ingredients in a row. You will also need a plate and a serving platter for the finished sushi bites.
2. Place a sushi mat on a dry, flat work surface, with the bamboo running horizontally. Place 1 sheet of nori on top of the mat, with shiny side down and the perforated lines in the nori running vertically.

3. Dip your hands in the water to prevent the rice from sticking to them. Scoop about 1 cup (195 g) of rice with your hands and spread it evenly over the nori. Smooth out the rice, keeping a 1 1/2-inch (3.81-cm) margin of nori uncovered at the top and covering the remaining portion of the nori right up to the edges.
4. Place a few strips of the tofu, avocado, and cucumber close together in a horizontal line in the center of the rice. Top with some of the drained pickled ginger. Place your thumbs under the mat, lifting the nori up and over the filling. Tightly roll the rice and nori over the filling, snugly tucking the filling inside. Give the roll a gentle squeeze, and then pull the top part of the mat out so it isn’t rolled into the sushi (that would be just a little too much fiber!). Continue rolling the sushi to the end of the nori sheet. When it is completely rolled, use the mat to squeeze the roll tightly, which will make it more secure. Release the mat and place the finished sushi roll on a plate. Repeat this process with the remaining nori, rice, and filling ingredients.
5. When all the rolls have been made, lightly moisten the blade of a sharp knife and slice each roll in half crosswise, wiping the blade and remoistening it as needed for clean cuts. Slice the 2 pieces in half crosswise, and then slice all 4 pieces in half crosswise to create 8 pieces. Arrange the pieces in a decorative pattern on a party platter and get ready for your guests to ooh and aah.

Nutrition Facts

Per serving:
Calories: 88
Fat: 3 g
    Saturated Fat: 0.5 g
    Calories From Fat: 29%
Cholesterol: 0 mg
Protein: 4 g
Carbohydrate: 12 g
Sugar: 0.6 g
Fiber: 1.3 g
Sodium: 98 mg
Calcium: 32 mg
Iron: 0.8 mg

Vitamin C: 1 mg
Beta-Carotene: 60 mcg
Vitamin E: 0.2 mg