Cooking Healthy, Eating Well

Japanese: Sushi Roll

Cook time: 25 min.  Prep time: 10 min.  Yield: 2 rolls/person

Ingredients:
For Sushi Rice:
✓ 1 cup short grain rice
✓ 1 cup water
✓ ¼ cup prepared Sushi vinegar (or 3 T. sugar + ½ T. salt + ¼ cup rice vinegar)
✓ (optional) Sesame seeds, Soy sauce, pickled ginger, wasabi

Possible filling:
✓ 3 sheets nori (Japanese seaweed), cut in half width-wise
✓ 2 cup sushi rice
✓ Choose 2 of the styles below. Each ingredient amount is portioned for 1 roll:

- **California Roll**
  ✓ ½ nori sheet
  ✓ ¼ cup sushi rice
  ✓ 2 slices avocado
  ✓ 1 oz. imitation crab meat (1 stick, cut in half)

- **Philly Cheese Roll**
  ✓ ½ nori sheet
  ✓ ¼ cup sushi rice
  ✓ 2 sticks of cucumber (1/4 cucumber)
  ✓ 2 slices of smoked salmon
  ✓ 1 Tbsp. cream cheese

- **Vegetarian**
  ✓ ½ nori sheet
  ✓ ¼ cup sushi rice
  ✓ 2 slices avocado
  ✓ 2 sticks of cucumber (1/4 cucumber)

Procedures:
1. Wash the rice three to four times – drain. In a large pot, add the rice and water, and bring it to a boil over high heat. Lower the heat, cover and cook for 15 minutes. Remove from the heat, and let it stand for 10 minutes.

2. Transfer the rice to a large bowl, and sprinkle the sushi vinegar over the rice. While fanning, mix the rice with the vinegar until most of the liquid has been absorbed.

3. Cover the rice with a damp towel to keep it moist.

4. Cut the avocados and cucumbers into 1/3-inch slices. Prepare the other filling.

5. Lay a sheet of nori on plastic wrap, and spread the rice evenly onto the nori sheet.

6. Stack your filling on the side closest to you. Holding the bottom edge of the nori and plastic wrap, roll the sushi tightly into a cylinder. Continue to roll it forward while tucking in the seams, and let it sit for about 3 minutes.

7. Cut the roll in half, and then cut each half into 3 to 4 pieces. Sprinkle sesame seeds over the cut sushi.

8. Serve with pickled ginger, wasabi, and soy sauce.

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So substitute that buttered bread with a slather of avocado spread.

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or $2.85/2 rolls

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