Vegetarian Sushi

Cultural Cooking Night – February 2015

Ingredients:

- 1 bamboo mat
- 1/2 cup cooled, cooked rice
- 1 nori seaweed sheet
- 1 tablespoon nonfat cream cheese
- 1/2 cucumber thinly sliced lengthwise
- 3 tablespoons shredded carrots
- 1/2 avocado

Directions:

1. Rinse 1/2 cup of uncooked rice in a strainer until the water runs clear.
2. Combine with 3/4 cup of water in a medium saucepan.
3. Bring to a boil, then reduce to low, cover and cook for 20 minutes.
4. Cool until easy enough to handle.
5. Combine 2 tablespoon and 1/2 teaspoon of rice vinegar, 3/4 teaspoon vegetable oil, 1 tablespoon and 1/4 teaspoon white sugar and 1/4 teaspoon of salt.
6. Cook over medium heat until the sugar dissolves.
7. Cool, then stir in the cooked rice. Keep stirring until rice is dry and cool.
8. Place nori sheet onto bamboo mat and press 1/2 cup of cooled rice onto nori sheet until it meets the edges.
9. Spread 1 tablespoon of nonfat cream cheese horizontally onto the rice.
10. Add 4 thin length-wise sliced cucumbers on top of cream cheese horizontally.
11. Add 3 tablespoons of shredded carrots onto of cucumbers slices.
12. Add 3 thinly sliced wedges of avocado onto shredded carrots.
13. Bring the bottom of the mat, with the plastic wrap up, up and over the ingredients.
14. Press forward to shape the sushi into a tube.
15. Cut sushi roll into 8 small pieces.

Notes: