



Quinoa Brown Rice Sushi



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 avocados pitted peeled sliced



8 ounces baked bean curd/tofu cut into long thin strips



1 cup sticky brown rice



4 to 5 carrots cut into matchsticks



4 servings cilantro sprigs for garnish



2 pickled cucumbers low sodium cut into matchsticks ()



4 sheets nori seaweed



4 servings pickled ginger for garnish

- ☐ 0.5 cup quinoa

Equipment

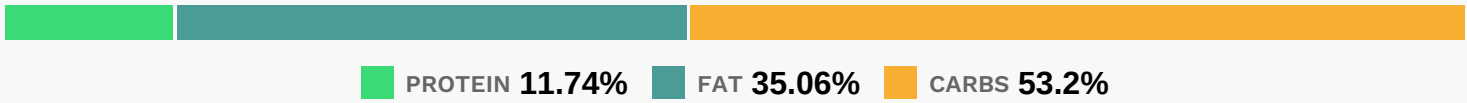
- ☐ sauce pan
- ☐ knife
- ☐ pressure cooker
- ☐ rice cooker

Directions

- ☐ Place the rice, quinoa, and 3 cups water into a rice cooker and cook according to the manufacturer's instructions. (You can also cook the rice and quinoa in 3 cups water in a pressure cooker for 15 minutes).
- ☐ Bring a saucepan of water to a boil and cook the carrots until softened, about 30 seconds.
- ☐ Drain and rinse them under cold water.
- ☐ Unroll a bamboo sushi mat on a work surface and put a sheet of nori on it. Wet your hands and divide the rice into 4 equal portions. Divide one portion into 4 small, firm balls and press them evenly onto the nori, covering the entire sheet with a thin layer of grains. Evenly spread one-quarter of the bean curd, one quarter of the carrots, one-quarter of the cucumbers, and one quarter of the avocado in the center of the rice. Using the mat as a guide, roll the topped nori tightly and evenly into a sushi roll, wetting the edges of the nori sheet with water if necessary, so it sticks together at the seam. Repeat three more times with the remaining nori, rice, and vegetables.
- ☐ Slice the rolls into 1 1/2-inch-thick pieces with a sharp, wet knife and transfer them to a serving platter.
- ☐ Garnish with cilantro and pickled ginger.
- ☐ Quinoa originated in the Andean region of South America, where it has been a highly valued food for thousands of years. It is usually identified as a grain, but actually it is the seed of the *Chenopodium quinoa* plant, and is related to beets and chard. Quinoa is a great source of magnesium, which is beneficial for blood pressure, heart health, and energy production. It is remarkable for its high amount of protein, which is unusually complete for a plant source in that it includes all nine essential amino acids. Quinoa is a good food to eat for balancing blood sugar; where other refined, low-protein grains contain high amounts of starch that can upset the blood sugar balance, quinoa helps keep blood sugar levels steady.

From Dr. Mao's Secrets of Longevity Cookbook: Eat to Thrive, Live Long, and Be Healthy by Dr. Mao Shing Ni. Text copyright © 2012 by Dr. Mao Shing Ni; photography copyright © by Philip Dixon. Published by Andrews McMeel Publishing, LLC.

Nutrition Facts



Properties

Glycemic Index:55.65, Glycemic Load:23.46, Inflammation Score:-10, Nutrition Score:30.743478287821%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 503.32kcal (25.17%), Fat: 20.23g (31.13%), Saturated Fat: 2.87g (17.95%), Carbohydrates: 69.09g (23.03%), Net Carbohydrates: 56.01g (20.37%), Sugar: 5.83g (6.47%), Cholesterol: 0mg (0%), Sodium: 58.78mg (2.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.24g (30.49%), Vitamin A: 10590.37IU (211.81%), Manganese: 2.58mg (128.89%), Fiber: 13.08g (52.31%), Folate: 166.56µg (41.64%), Magnesium: 164.76mg (41.19%), Vitamin B6: 0.77mg (38.51%), Vitamin K: 40.37µg (38.45%), Phosphorus: 329.52mg (32.95%), Potassium: 1147.49mg (32.79%), Copper: 0.59mg (29.56%), Vitamin B1: 0.43mg (28.64%), Vitamin B5: 2.81mg (28.12%), Vitamin B3: 4.82mg (24.1%), Vitamin C: 19.54mg (23.68%), Vitamin E: 3.08mg (20.52%), Iron: 3.63mg (20.15%), Zinc: 2.69mg (17.96%), Vitamin B2: 0.3mg (17.86%), Calcium: 151.77mg (15.18%), Selenium: 2.45µg (3.49%)