

Vegetable Sushi



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 asparagus spears trimmed
- ☐ 1 avocado
- ☐ 1 cucumber
- ☐ 10 sheets nori seaweed dried halved seaweed
- ☐ 20 servings pickled ginger for serving
- ☐ 1 plum tomatoes seeded
- ☐ 1 small onion red
- ☐ 0.3 cup rice vinegar

- ☐ 1 romaine lettuce heart
- ☐ 20 servings salt
- ☐ 20 servings sesame seed for sprinkling
- ☐ 3 cups short-grain japanese rice rinsed
- ☐ 3 tablespoons sugar
- ☐ 20 servings wasabi paste for spreading and serving

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ spatula
- ☐ rice cooker

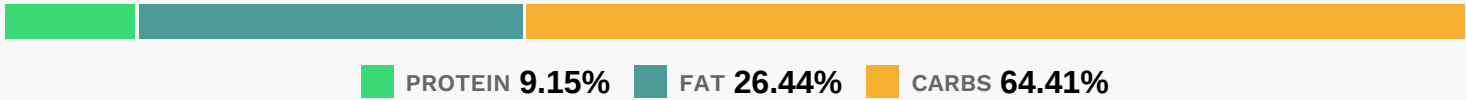
Directions

- ☐ Make the rice.
- ☐ Combine the rice and 3 1/4 cups water in a rice cooker and cook according to the manufacturer's instructions. A rice cooker is the best way to get perfect sticky-firm rice, but if you don't have one, just use a saucepan. Fold in the vinegar.
- ☐ Combine the vinegar, sugar and 1 teaspoon salt in a saucepan over medium heat, stirring to dissolve the sugar.
- ☐ Transfer the cooked rice to a large wooden bowl (traditionally, a wooden tub).
- ☐ Drizzle a quarter of the vinegar mixture over a wooden spoon or spatula onto the rice. Fold the rice gently with the spoon to cool it and break up any clumps; be careful not to smash the grains. Fold in the remaining vinegar mixture and let the rice sit 5 minutes.
- ☐ Spread the rice.
- ☐ Cover a bamboo sushi mat with plastic wrap.
- ☐ Place a half nori sheet rough-side up on the mat. Moisten your hands and scoop a handful of rice, slightly larger than a lemon, onto the nori. Press the rice to spread it evenly up to the

edges of the nori, moistening your fingers as you go.

- ☐ Sprinkle with sesame seeds.
- ☐ Prepare the vegetables. Peel the cucumber and slice into matchsticks. (Morimoto cuts the entire cucumber into a paper-thin sheet, then quickly slices it into strips—but he's had some practice.) Thinly slice the avocado, tomato and red onion; peel the tough ends of the asparagus.
- ☐ Add the filling. Carefully flip over the nori so it's rice-side down on the mat with the short end facing you.
- ☐ Spread a bit of wasabi paste in a line about one-third of the way up the nori—it's spicy, so use it sparingly. Arrange a few pieces each of lettuce, cucumber, avocado, tomato and onion in a tight pile in the lower third of the sheet. It's OK if the vegetables hang over the edges of the nori.
- ☐ Roll the sushi.
- ☐ Roll the sushi away from you with your hands, tucking in the vegetables as you go.
- ☐ Remove the mat from under the roll and place it on top. Press the roll into a compact rectangular log, using the mat to help you. Slice the roll.
- ☐ Cut the sushi roll into 4 to 6 pieces. Repeat with the remaining nori, rice and vegetables.
- ☐ Serve with pickled ginger and more wasabi. Photography by Rick Lew

Nutrition Facts



Properties

Glycemic Index:20.2, Glycemic Load:20.73, Inflammation Score:-6, Nutrition Score:10.6747825975%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 191.72kcal (9.59%), Fat: 5.71g (8.79%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 27.85g (10.13%), Sugar: 2.75g (3.06%), Cholesterol: 0mg (0%), Sodium: 198.49mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Manganese: 0.61mg (30.44%), Folate: 101.94µg (25.49%), Copper: 0.47mg (23.41%), Vitamin B1: 0.28mg (18.65%), Iron: 2.98mg (16.57%), Fiber: 3.47g (13.89%), Magnesium: 46.97mg (11.74%), Selenium: 7.79µg (11.12%), Vitamin K: 11.6µg (11.05%), Phosphorus: 103.54mg (10.35%), Vitamin B3: 2.02mg (10.12%), Calcium: 95.95mg (9.59%), Vitamin B6: 0.19mg (9.5%), Zinc: 1.24mg (8.29%), Vitamin A: 364.4IU (7.29%), Vitamin C: 5.92mg (7.18%), Vitamin B5: 0.64mg (6.4%), Potassium: 217.88mg (6.23%), Vitamin B2: 0.09mg (5.22%), Vitamin E: 0.45mg (2.99%)