

VEGETABLE SUSHI

INGREDIENTS

1 cup short grain rice
2 tbsp rice vinegar
3/4 tbsp sugar
1/2 tsp salt
Toasted Nori Seaweed
Your choice of fillings (cooked
carrots, avocado, fresh
cucumbers, eggs)

DIRECTIONS

1. Rinse the rice several times and drain. Then cook in rice cooker or combine rice with 1 cup of cold water and bring to boil over high heat. Cover and cook over medium for 10 minutes and then reduce to low and cook for 10 more minutes.
2. Combine rice vinegar, sugar, salt in a small pot over medium heat until sugar dissolves.
3. Move rice to a large container and drizzle the sweetened vinegar over the rice. With a rice paddle use a slicing motion to gently separate the grains and mix in the vinegar.
4. Lightly toast seaweed until crisp and fragrant.
5. Prep your choice of fillings and then begin to roll the sushi starting with the rice and then top with your fillings. Have a small bowl of water handy to wet fingers in order to keep the rice from sticking!
6. Roll, slice and enjoy!