



## Veggie “Sushi”

### **Medicinal Benefits of this recipe...**

Great to help support the immune system, the packages are packed with good nutrients for toddlers or older children who like to “graze” throughout the day, easy to transport for on the road (*bring these in lieu of chips, goldfish, cookies, etc!*).

### **Anticancer Phytonutrients Found in this recipe.....**

Beta-carotene, Allyl sulfides, Quercetin, Glucosinolates, Sulfur compounds, Isoflavones

### *Ingredients*

#### *For rice:*

3 cups short grain brown rice, soaked overnight in 4½ cups water  
2 ½ tablespoons brown rice vinegar  
2 ½ tablespoons maple syrup  
5 tablespoons mirin  
1 teaspoon sea salt

#### *For mushrooms:*

¼ pound shitake mushrooms, stemmed and cut into thin strips  
2 tablespoons maple syrup  
3 tablespoons shoyu  
½ cup water

#### *Other veggies:*

1 carrot, cut into long, thin strips  
1 avocado, skinned and cut into thin strips  
1 cucumber, peeled, seeded and cut into thin strips  
optional: few bunches of baby bok choy, cooked for just one minute in boiling water, drained, and cut in thin strips  
10 sheets of nori

#### *To serve:*

Make either a simple dipping sauce of ¼ cup shoyu and 2 tablespoons water or use the attached recipe for dipping sauce. Also serve with some pickled ginger if you can find it.

#### *Procedure*

1. To make rice: Simmer rice with its soaking water in a pot with a tight lid for 45 minutes, until all the water is absorbed. When it's done, spread it out on a cookie sheet with a wooden spoon. Put in fridge to cool. Combine other ingredients for rice in a bowl—rice vinegar, maple syrup, mirin and salt—and mix well. When the rice is cool, sprinkle the mixture evenly on the rice and set aside.
2. While rice is cooling, cook the shitake mushrooms in the maple syrup, shoyu and water for 10 minutes. Drain well and set aside to cool.

3. Finally, prepare your nori by “toasting” it”: passing it quickly over a low flame on your stovetop with tongs or carefully with your hands. Pass each side just over a few times.

*Now you are ready to assemble your rolls:*

Place nori sheet, shiny side down, on sushi mat. Press rice into nori (dipping your fingers in water to prevent sticking), spreading it out evenly over three-quarters of the nori sheet closest to you (in other words, leave 2 inches of the edge furthest from you *free* of rice). Arrange vegetables along center of the rice. Holding vegetables in place, lift sushi mat and nori roll, tucking firmly into the center while bending the mat slightly up. Be careful not to catch the mat in the roll! Dipping your fingers in water, lightly moisten the strip of nori that you left free from rice and finish rolling. This will seal the roll. Squeeze the roll firmly, cut each role into 6 pieces, and serve with dipping sauce and pickled ginger.