



JUST ROLL WITH BROWN RICE



- 1 Brown rice is a **whole grain**, and white rice is a refined grain
- 2 At least **half** of your daily grain intake should be whole grains
- 3 Whole grains have the entire grain kernel containing **fiber**, **iron**, and **B-vitamins**
- 4 Refined grains are **enriched** with some B-vitamins and iron, but fiber is not added
- 5 **Fiber** keeps your body regular



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VEGETARIAN SUSHI ROLL

Ingredients:

- 1 cup short grain brown rice
- 2 cups water
- 3 tablespoons rice vinegar
- 1 teaspoon sugar
- 1 cup baby spinach leaves or alfalfa sprouts
- 1 cucumber
- 1 carrot
- 1 avocado
- 4 nori sheets (dried seaweed)
- Sesame Seeds (optional)
- Soy sauce for dipping

Directions:

1. Rinse and drain brown rice, place into a saucepan over medium heat, and pour in water. Bring to a boil and simmer until rice has absorbed the water, about 45 minutes. Add rice vinegar and sugar to cooked brown rice. Mix well and set aside.
2. Cut carrot and cucumber into 8 long thin strips each. Cut seeds off cucumber strips.
3. Cut avocado into half, remove skin and pit, and cut each half into 8 slices.
4. Place nori sheet horizontally in front of you. Spread rice evenly on 2/3 of nori sheet and lay a few leaves of spinach or a small amount of sprouts in the bottom third of the rice. Place 2 cucumber strips, 2 carrot strips, and 2 pieces avocado on top.
5. Slightly dampen the top edge of the nori. Starting from the bottom, roll up tightly. Press the damp edge to seal.
6. Cut into thick pieces and sprinkle with sesame seeds if desired. Enjoy with or without soy sauce on the side.

DID YOU KNOW?

- Sushi started as a way of **preserving fish**.
- Even though sushi is known as a Japanese dish, it **originated in Southeast Asia**.
- Sushi can be prepared in a **variety of ways**.

History from
pbs.org/food/stories/history-of-sushi