

# Veggie Brown Rice Sushi

## Ingredients:

### Rice:

1 2/3 cups water  
1 cup short grain brown rice, rinsed  
3 tablespoons cane sugar  
3 tablespoons rice wine vinegar  
1/2 teaspoon sea salt

### Sushi:

4 sheets nori (dried seaweed)  
1 roasted or fresh red bell pepper, sliced  
1 cup thinly sliced cucumber  
1 cup sprouts (alfalfa is best)

## Directions:

1. In a medium saucepan, bring water to boil then add rice, swirl to coat, and lower heat to low and cover. Simmer until water is completely absorbed and rice is tender, about 18 – 25 minutes. Drain off any excess water.
2. In the meantime, add vinegar and sugar to a small saucepan and heat over medium heat stirring occasionally until sugar is dissolved. Place in a jar or dish and cool in the fridge until rice is ready.
3. Once the rice is done, turn off the heat and add the cooled vinegar mixture and stir with a rubber spatula or fork as to not overmix.
4. While the rice finishes cooking, prep your veggies by chopping them into thin pieces.
5. Now it's time to roll: Grab your sushi mat and top with a sheet of nori. Using your hands dipped in water, pat a very thin layer of rice all over the nori, making sure it's not too thick.
6. Then, arrange a generous serving of your veggies in a line at the bottom 3/4 of the rice closest to you.
7. Start to roll the nori and rice over with your fingers, once the veggies are covered roll the mat over to mold and compress the roll. Continue until it's completely rolled up. Serve immediately.

## Nutrition Facts

Serving Size 1 roll (268g)  
Servings Per Container 4

### Amount Per Serving

**Calories 230**    **Calories from Fat 15**

% Daily Value\*

**Total Fat 1.5g**    **2%**

**Saturated Fat 0g**    **0%**

**Trans Fat 0g**

**Cholesterol 0mg**    **0%**

**Sodium 80mg**    **3%**

**Total Carbohydrate 49g**    **16%**

**Dietary Fiber 6g**    **24%**

**Sugars 6g**

**Protein 6g**

**Vitamin A 150%**    •    **Vitamin C 50%**

**Calcium 6%**    •    **Iron 8%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Benteh Nuutah**  
**Valley Native Primary Care Center**  
**Wellness Center**  
(907) 631-7630  
southcentralfoundation.com

Source: <https://minimalistbaker.com/veggie-brown-rice-sushi/>

