

BROWN RICE *Sushi*

\$1.80

per serving

30 MINUTES
OR LESS

8 INGREDIENTS

Buy Local!

1 2/3 cups water
1 cup short grain brown rice, rinsed
3 Tbsp rice wine vinegar
2 Tbsp organic cane sugar
1/2 tsp sea salt
SUSHI
4 sheets nori (dried seaweed)
1 roasted or fresh red bell pepper sliced
1 cup thinly sliced carrots
1 cup thinly sliced cucumber
1 cup sprouts (Alfalfa is best)
optional: raw salmon, tuna, or tofu



*highlighted ingredients can be bought at the market!



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**FARM
FRESH
& FAST**

HOW TO: BROWN RICE SUSHI

1. In a medium saucepan, bring water to a 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 if there is any.
2. In the meantime, add vinegar, sugar and salt to a small saucepan and heat over medium heat stirring occasionally until sugar and salt are dissolved. Place in a jar to cool in the fridge until rice is ready.
3. Once the rice is done, kill the heat and add the cooled vinegar mixture and stir with a rubber spatula or fork as to not overmix. It will appear wet but will dry up as you lightly stir to release heat. It should be sticky and completely dry once it's ready.
4. While the rice finishes cooking, prep your veggies by chopping them into thin pieces. If they're too bulky they won't allow the sushi to roll well.
5. Now it's time to roll: Grab your sushi mat and top with a sheet of nori. Using your hands dipped in water (to avoid sticking), pat a very thin layer of rice all over the nori, making sure it's not too thick or your roll will be all rice and no filling. Then, arrange a generous serving of your veggies or preferred filling in a line at the bottom 3/4 of the rice closest to you.
6. Start to roll the nori and rice over with your fingers, and once the veggies are covered, roll the mat over to mold and compress the roll. Continue until it's all the way rolled up. I find slicing with a very sharp serrated knife yields the best results. Repeat until all rice and fillings are used up - about 5-6 total rolls.
7. Serve immediately with pickled ginger, tamari or soy sauce, and wasabi.

why is it healthy?

RED PEPPER

Red Peppers contain almost 300% of your daily vitamin C. They are a great source of magnesium and vitamin B6, a combo that helps decrease anxiety.

CARROTS

Carrots are high in beta-carotene, fiber, and antioxidants. Their sweet flavor add great taste and nutritional benefits to this recipe!

CUCUMBER

Cucumbers are a low calorie, high fiber, and hydrating vegetable that contain B vitamins that reduce stress and help you maintain a healthy weight.

This recipe is from **Minimalist Baker**

Go to minimalistbaker.com to see more recipes!

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

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