

Sushi Rice Bowl

Cooked brown rice

Chopped or shredded carrots

Diced cucumber

Diced avocado

Diced red bell pepper

Shelled, cooked edamame beans

Sliced green onions

Shredded red cabbage

Snipped spinach

Shredded romaine

Lots of sesame seeds

Strips of roasted, flavored seaweed on top

Soy sauce (can add wasabi if you like it)

Pile all veggies onto rice in a bowl, top with seaweed strips and sesame seeds. Drizzle with soy sauce and enjoy!

To make sushi rice, add a little rice vinegar, and a tiny bit of sugar to the rice. The ingredients in bold are classic veggie sushi ingredients and are key for me. The rest are optional. To get fancier, you can add some roasted, grilled or broiled asparagus rolled in panko or roasted, grilled or broiled shiitake mushrooms. Japanese daikon (radish) is good too.

Serve with fruit and maybe a stuffed date for dessert