

No-sushi Rice Bowl

Ingredients:

- **Cooked brown rice**, up to 1 cup per serving
- **Chopped or shredded carrots**, ½ carrot per serving
- **Diced cucumber**, ¼ to 1/2 cucumber per serving
- **Diced avocado**, ¼ to ½ avocado per serving
- Shelled, cooked edamame beans, ¼ to ½ cup per serving
- Diced red bell pepper, a little bit for color; ¼ pepper per serving
- Sliced green onions, one per serving, green and white parts
- Shredded red cabbage, ¼ to ½ cup per serving or just enough for color
- Snipped spinach
- Shredded romaine
- Lots of sesame seeds
- Strips of roasted, flavored seaweed on top
- Soy sauce, coconut aminos or tamari (add wasabi if you like)

To make sushi rice, allow the rice to cool a bit. If using refrigerated rice, warm in the microwave slightly but not too hot. Add a little drizzle of rice vinegar to the rice, and a tiny bit of sugar to the rice. Pile all veggies onto sushi rice in a bowl; top with seaweed strips and sesame seeds. Drizzle with soy sauce and enjoy!

The ingredients in **bold** are classic veggie sushi ingredients and are key for me. The rest are optional, but I *always* add edamame. 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

