

## LESSON 4: CULTURAL APPRECIATION

### Sushi

#### INGREDIENTS

- ½ cup cooked sushi rice
- 2 sheets nori (seaweed)
- ½ English cucumber, peeled and cut into thin sticks (or 1 mini-cucumber)
- ½ carrot, cut into thin sticks
- ¼ avocado, cut into thin slices
- Tamari or low sodium soy sauce
- Options: Thinly sliced red bell pepper, blanched asparagus, blanched green beans



**MAKES 1 SERVING**

#### TOOLS

- Bowl of water
- Damp kitchen towel
- Sharp knife

#### DIRECTIONS

- 1 Cook rice ahead of time and chill.
- 2 Lay a seaweed sheet in front of you.
- 3 Add rice to seaweed covering entire sheet about 2 grains of rice thick. Rinse fingers in water to prevent stickiness.
- 4 Add vegetables on top of each other in a row in the center of the sheet. It won't need a lot of vegetables (maybe a couple cucumber sticks, a few carrots, and 3 slices of avocado depending of the size of the slice).
- 5 Rinse fingers in bowl of water. Tightly roll seaweed into a roll.
- 6 On the edge of the seaweed, dab water in order to close the roll.
- 7 Using a sharp knife, cut the sushi into rolls. Carefully use the damp towel to clean off the knife after each cut to make clean cuts.
- 8 Serve with soy sauce!

#### Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
<b>Calories</b>	229.7 kcal	11 %
<b>Total Fat</b>	7.9 g	12 %
Saturated Fat	1.2 g	6 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	627.6 mg	26 %
<b>Total Carbohydrate</b>	33.8 g	11 %
Dietary Fiber	7.1 g	28 %
Sugars	2.4 g	
<b>Protein</b>	7.8 g	16 %
<b>Vitamin A</b>	25 %	<b>Vitamin C</b> 48 %
<b>Calcium</b>	5 %	<b>Iron</b> 16 %

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