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

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 on 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!