

RUNNER UP

Brown Rice and White Bean Sushi

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 **Prep:** 30 minutes

 **Serving Size:** 1 roll **Servings per Recipe:** 4

INGREDIENTS

1 can (16 oz) small white beans
2 cups cooked brown rice
(cool to room temperature)
½ cup sushi vinegar
1 cucumber
½ cup carrots, *shredded*
½ avocado
2 Tbsp oil
1 egg
4 sheets nori seaweed

DIRECTIONS

1. Rinse and drain the canned beans well in a medium bowl; mash the beans well.
2. Add the brown rice and 2 Tbsp of sushi vinegar to the mashed beans. Combine everything well and gently. Set that aside to use later.
3. Cut out both ends of the cucumber and cut them into slices about 2 inches long and about ¼ inches thick. Remove the seeds of the cucumber if desired.
4. In a small bowl, add the cucumber, carrots, and remaining vinegar. Put it aside and let the cucumber and carrots soak.
5. Beat the egg. Add 2 Tbsp of oil to a non-stick skillet over medium heat. When the pan is warm, pour and evenly distribute the egg in the pan. When the surface is wet but not runny, roll the egg. Remove from heat. Let the egg cool, and then cut it into slices about 2 inches long and ¼-inch thick.
6. Thinly slice the avocado to about 1/8" thick.
7. Drained the cucumber and carrots from the vinegar.
8. Put 1 piece of nori seaweed on a bamboo sushi rolling mat. Add about ½ cup of rice & bean mixture to the nori seaweed. Spread the rice & bean mixture evenly. Leave about 1" of space at the top of the nori seaweed.
9. Line the sliced cucumber, carrots, avocado, and egg on top of the rice & bean mixture, near the bottom half of the sheet.
10. Roll the sushi tightly. Use a sharp knife, cut out both ends of the sushi. Evenly cut the sushi roll—about 8 pieces.
11. Repeat the process until all the ingredients are used up.
12. Ready to serve!

Notes:

- If desired, you can use other ingredients instead of egg. Some ideas are smoked salmon, sashimi-grade seafood (e.g. salmon, tuna) or tuna salad.
- To make cleaning easier, you may want to put a thin film of plastic food wrap on top of the bamboo sushi rolling mat before placing the nori seaweed on it to wrap.

Nutrition Information (1 roll)

Calories 370	Cholesterol 40mg	Sugars 4g
Total Fat 14g	Sodium 760mg	Added Sugars 0g
Saturated Fat 2.5g	Carbohydrate 50g	Protein 11g
	Fiber 10g	

