

## Healthier Sushi Rolls

(spread the rice as thinly as possible) – 2 heaping tablespoons per sheet of nori

### 1) Brown rice – cooked as instructed

Rinse and drain 2 cups of **brown rice**. Soak over night. Put it in the **rice cooker**. Instead of filling the **cooker** with water to the "2 cup" mark, fill it to the "4 cup" mark in your **rice cooker**. That usually means 4 cups of water for the 2 cups of **brown rice**.

### 2) Quinoa

Combine 1 cup quinoa with 2 cups water in a medium saucepan. Bring to a boil. Cover, reduce heat to low, and simmer until quinoa is tender, about 15 minutes. Drain quinoa and let the quinoa rest in the saucepan to dry out ~ 15 minutes.

**\*\*brown rice and quinoa will be mixed together**

## PROTEINS

### 2) Marinated Firm Tofu – Baked

- 1 cake firm tofu (about 16 oz)
- 1 Tbsp vegetable oil (I use peanut oil if I'm going for an Asian flavor)
- 1 Tbsp dark/toasted sesame oil
- 3 Tbsp soy sauce (low sodium)
- 2 tsp peeled, grated ginger root (optional)
- 1 garlic clove, pressed (or crushed and minced)

**To bake:** Preheat oven to 400° F. Cut tofu into 1/2 slices, then slice crosswise into strips 1/4 to 3/8 inches wide and 2 to 3 inches long. Prick on both sides with a fork, marinate, then place in a nonstick or lightly-oiled baking sheet, reserving any unabsorbed marinade if serving tofu on its own. Cover sheet with parchment paper or foil and bake 30-45+ minutes (depending on how dry you want it), turning ever 15 min or so. If serving tofu on its own, after baking, add back the reserved liquid and test seasoning to add more sauce or herbs as necessary.

< <https://gentlemanlytomato.wordpress.com/2010/12/02/top-10-best-tofu-marinades/>>

### 3) Egg Sheets (Thin Egg Omelets)

- 1 egg
- A pinch of salt, pepper

Make an egg omlette on a skillet pan. Flip the pan over on a cutting board. Let the egg rest and roll when cool. Cut into strips.

### 4) Baked Sardines with Dill

- 2 pounds of fresh sardines – scales cleaned, head removed
- Olive oil, salt, pepper
- Dill

**3 hours before:** Marinate sardines with dill, olive oil, salt and pepper. **To bake:** Preheat oven to 400. Cover a baking sheet with parchment paper. Add the fish in one layer. Bake for 20 minutes. Use the flesh of the fish inside the rolls.

## Vegetables

### 5) Spinach + Kale

- 8 to 10 ounces spinach (1 small bunch) + Kale, blanched, rinsed in cold water, and strained

### 6) Cucumber

- Cut cucumbers into strips

### 7) Pea Sprouts

### 8) Carrots

- Carrots – cut using a peeler to make ribbons
- Sugar, salt, vinegar

Preparation: Slice carrots thinly into ribbons. Add a dash of vinegar, a dash of sugar and half a dash of salt. Marinate for 10 minutes.

### 9) Avocado

- Cut avocado, peel, remove pit

### 10) Baby lettuce

## Dipping Sauce

- Low sodium soy sauce
- Wasabi