



A PROGRAM OF NATIVIDAD

Veggie Sushi Roll

INGREDIENTS FOR SUSHI ROLLS

- 6 Nori Seaweed Sheets
- 6 Cups of Sprouts or Micro-greens
- 1 Bunch Swiss Chard, stems sliced thin and leaves cut in ribbons
- 2 Avocados, peeled, seeded and thinly sliced lengthwise
- 1 Red Bell Pepper, seeded and julienned
- ½ Cucumber, seeded and julienned
- 1 Carrot, peeled into ribbons/curly

INGREDIENTS FOR DIPPING SAUCE

- 6 Tablespoons Tamari
- 2 Tablespoons Wasabi Powder, mixed with water
- Enough Water to mix with Wasabi Powder

DIRECTIONS

1. Lay one sheet of Nori seaweed on a bamboo sushi mat with the Nori sheet's shiny side down.
2. At the end of the Nori sheet closest to you, layer some sprouts or micro-greens, chard, avocado, bell pepper, cucumber and carrot.
3. Begin rolling Sushi by gripping the edge of the Nori sheet and the sushi mat with your thumb and forefingers, and pressing the filling back with your other fingers.
4. Using the sushi mat to help you, roll the front end of the Nori sheet over the filling.
5. Gently squeeze together with your sushi mat, then lift the forward edge of the mat and continue rolling.
6. Seal the end of the Nori roll with water.
7. Slice the roll into 6-8 pieces using a sharp knife.
8. Repeat the steps with rest of ingredients and arrange rolls on personal plates or a family platter.
9. Mix Wasabi Powder with just enough water to form a thick paste.
10. Serve Sushi with dipping bowls of Tamari and Wasabi Paste.



Kari Bernardi, is the owner and executive chef of [Super Natural Foods Company](#) in Carmel