

1. Cook rice according to package directions. Add rice vinegar to the cooked rice and toss.
2. Peel and grate the carrot. Cut cucumber, bell pepper and avocado into thin strips.
3. Lay one sheet of nori, shiny side down, on a bamboo sushi mat. Position the mat with the slats horizontal.
4. Press about ¼ of the rice onto the sheet of nori, leaving about 1 ½ inches uncovered at the far edge.
5. Line the fillings about an inch from the near edge, evenly across the rice. Leave 1 inch of the rice uncovered at the far edge.
6. Beginning at the edge closest to you, tightly roll up the nori, rice and fillings into a cylinder. Firmly tug on the mat as you roll. Open the mat, dab any unsealed edges of nori with a little water, and roll to seal.
7. Cut each sushi roll into 6 or 8 pieces with a sharp wet knife.
8. Serve with soy sauce for dipping.

DIRECTIONS

- INGREDIENTS**
- 2 cups short-grain brown rice, cooked
 - 2 tablespoons rice vinegar
 - 4 sheets toasted nori
 - 1 carrot
 - ½ cucumber
 - ½ bell pepper
 - ½ avocado
- Note: Sushi mats can be found at kitchen supply stores, in the cooking section of department stores, or in the Asian section of some supermarkets. Nori can be found in the Asian section of grocery stores as well.*



Veggie Sushi!



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