



Veggie and Brown Rice Maki Rolls:

Canada's Food Guide recommends half of your plate being a variety of fruits and vegetables.

Canada's Food Guide recommends one quarter of your plate to be made up of food from the grains group.

Yield: 6 maki rolls
 Preparation Time: About 1 hour 40 minutes, including cooking the rice

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none"> ● 2 cups (500mL) short grain brown rice ● 4 cups (1L) *if using a rice cooker, use only 2 cups (500mL) water ● 1/3 cup (75mL) rice vinegar ● ¼ cup (50mL) sugar ● ½ tsp (2mL) salt ● ¼ English cucumber, sliced into thin strips, lengthwise ● ½ large carrot, grated ● 1 small beet, grated ● 1 ripe avocado, sliced into thin strips ● ½ cup (125mL) pea shoots ● 6 sheets nori (seaweed “paper”) ● low sodium soy sauce, to dip maki rolls 	<ul style="list-style-type: none"> ● measuring cups and spoons ● liquid measuring cup ● sieve ● medium-sized pot with lid ● fork ● large bowl ● grater ● sharp knife ● small bowls, for vegetable fillings ● maki roller (small bamboo mat) or plastic wrap ● spoon ● small bowl, with water (for rolling the maki rolls) ● plate

Method:

1. Wash all vegetables.
2. Measure **2 cups (500mL) rice** and place in a sieve in the sink. Rinse under cold water until the water runs clear.
3. Put the rice in a pot with **4 cups (1L)*** water. Cover and bring to a boil. Reduce the heat to low and simmer for about 45 minutes. Turn off the heat and leave covered for another 10 minutes. (**If using a rice cooker, add only 2 cups/500mL of water*)
4. Put the rice in a large bowl and fluff with a fork.
5. Measure the **rice vinegar**. Add the **sugar** and **salt**. Stir together then pour over the rice. Gently toss the ingredients together with a fork. Let cool, fluffing with a fork every few minutes.
6. Cut the **cucumber** in ½ lengthwise. Use a small spoon to scrape out the seeds from the cucumber (optional). Cut the cucumber into long, thin strips, about 1 cm wide. Place in a small bowl.
7. Grate the **carrot** on the largest hole of the grater. Place in a small bowl.

8. Grate the **beet** on the largest hole on the grater. Place in a small bowl.
9. Place **pea shoots** in a small bowl.
10. Cut the **avocado** in ½. Remove the pit. Peel the avocado then cut into long, thin strips. Place in a small bowl. (Drizzle with a little lemon or lime juice if not using right away so that the avocado does not turn brown.)
11. Arrange the bowls of veggies and the cooled rice around you at a work area with the maki roller in front of you. Place a **small bowl of water** by the rice bowl.
12. Place a sheet of **nori**, shiny side down, on a maki roller (or a piece of plastic wrap)
13. Wet your fingers in the bowl of water and shake off any excess water. Put about ¾ cup of **rice** in little pieces all over the nori, leaving a strip of nori at the top and bottom without rice. Thinly spread the rice with your fingertips so that it evenly covers the nori (less than 1 cm thick).
14. In a thin strip across the bottom 1/3 of the rice, lay **2 cucumber strips** end to end.
15. Place **avocado** strips on top then sprinkle a tablespoon of carrot and beet. Lay a few **peas shoots** on top. Lightly press the veggies on the rice.
16. Using the maki roller, roll the nori and the ingredients away from you. Roll the bottom edge of the mat up and over the filling so that the bottom edge of the nori is touching the rice on the other side of the filling. Roll as tightly as you can without tearing the nori, pressing on the nori to shape it and tighten the roll.
17. Moisten the top edge of the nori sheet with a little water to close the nori and finish rolling. Wrap the maki roller around the sushi and press lightly with both hands.
18. Place maki roll on a plate seam side down. Repeat the steps to make 5 more maki rolls.
19. Place the maki rolls on a cutting board. With a sharp knife, carefully cut the rolls into 5cm long pieces. Refrigerate until ready to serve.
20. Serve with low sodium soy sauce.

Tasty Tips:

- You can make many types of maki rolls. Try adding other vegetables. See what you have in the fridge, what is at the market and what is in season. You can also use different types of fish, such as salmon, tuna or shrimp. Experiment to see which flavour combinations you enjoy.