

Food Babe's Quinoa Vegetable Maki Sushi Roll



Prep Time:	Cook Time:	Total Time:	Serves:
20 mins	0 mins	20 mins	4

<https://foodbabe.com/quinoa-vegetable-maki-sushi-roll-video>

Ingredients:

- 1 cup quinoa, cooked
- 2 teaspoons rice wine vinegar
- 1 teaspoon coconut sugar
- 2 tablespoons black sesame seeds, toasted
- 6 nori sheets (dried seaweed)
- 1 avocado
- 1 red bell pepper
- 1 carrot
- ½ small cucumber
- 6 asparagus
- 4 tablespoons nama shoyu
- 4 tablespoons pickled ginger
- 1 pinch hot sauce, to taste
- 1 pinch wasabi powder

Instructions:

1. In a bowl, stir together quinoa, vinegar and sugar.
2. On a cutting board, slice avocado, red pepper, carrot and cucumber into small thin strips.
3. Trim hard ends of asparagus.
4. Spread a thin layer of quinoa on one nori sheet, covering the whole sheet, except 1 inch space along far edge.
5. Place strips of avocado, red pepper, carrot, cucumber and asparagus on nori sheets on the near end on top of quinoa.
6. Moisten the clean edge of nori with a bit of water.
7. Beginning at the filling end, roll up the nori very tightly with a bamboo sushi mat and press firmly when you get to the moistened side to seal.
8. Repeat these steps for the remaining nori sheets.
9. Cut each roll into 6 pieces.
10. Serve with namu shoyu sauce for dipping, sriracha, wasabi, and/or pickled ginger.

Notes:

- Please pick all organic ingredients if possible.