



## Vegan Superfood Sushi



Who doesn't love sushi? Well, maybe a few people. But they will change their minds with this healthy recipe.

In Japan, sushi is an art, an industry, and an identity. Sushi is a culinary allegory for excellence in simplicity and hard work. I often ask myself: what would Jiro (<http://www.imdb.com/title/tt1772925/>) do? Well, he certainly would not make a vegan recipe. But who knows, that could be his next career!

For those of us looking for a vegan option, or a light healthy meal, this low-calorie sushi is guaranteed to please. Prepare a batch for a healthy lunch or bring some rolls to your next dinner party as a healthy appetizer (I promise not to tell Jiro).



*Makes six rolls*

**Ingredients**

Superfood Soy Sauce

1/4 cup soy sauce

1 packet ALOHA Daily Good Greens (<https://aloha.com/shop/products>)

1 small garlic clove chopped

Optional: 1/2 teaspoon honey

Vegan, Gluten-Free Sushi

1 large nori sheet

1/2 cup cooked quinoa

1 medium beet, sliced thinly

1/2 ripe avocado, sliced thinly

1 small cucumber, sliced thinly

1 tablespoon flax seed

1/4 teaspoon salt



### Preparation

Make the superfood soy sauce first so the flavors can meld while you roll up your sushi. Combine ingredients in a small dish and whisk.

You will need extra sticky quinoa for your sushi to bind well. The trick when cooking it is: too much water! Soaking the quinoa before cooking is also helpful.

In a medium saucepan, add 1/4 cup uncooked quinoa to 1 cup of water. Add the salt. If you have the time, let it sit for 20 minutes—if not, you'll be fine. Bring the water to a soft boil and cover with a lid. Let it cook for 25 minutes or until all of the water has evaporated and the quinoa is soft and sticky.

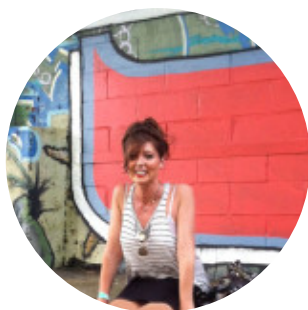
Take your nori sheet and cut it into six even strips (three times from side to side and once from top to bottom). Filling the vegan sushi piece by piece is easiest for me, probably because I don't have a samurai sword.

Carefully fill the nori sections with sticky quinoa without overfilling—you should leave about an inch of space empty on one side and about a 1/4th of an inch of space at the top and bottom. When you roll the sushi up, the quinoa will spread.

Sprinkle the flax seeds on top of the sticky quinoa. Carefully place an even amount of sliced beets, cucumber, and avocado in the middle of each six sushi. The veggies should be cut about a 1/8th of an inch thick. Starting from the quinoa side, carefully roll the sushi. With a dab of water, wet the nori side so it sticks and seals the sushi.

Serve with the superfood soy sauce and enjoy!

Photo Credit: Mimi McCormick



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