

# ONE BITE

VEGAN MAGAZINE

HOW TO MAKE  
Vegan  
Sushi

Superfood Infused  
Coconut  
and Cacao  
Donuts

MUST TRY  
Bliss Ball  
- 4 WAYS!

22  
FUN-SIZED  
FLAVOR-FILLED  
PLANT BASED  
RECIPES

Kid Approved!  
Zucchini  
Tater Tots

Party Perfect Spinach Cheese  
Pizza Rolls



# ONE BITE

VEGAN MAGAZINE

## CONTACT Us

Call:

857-209-8525

Email:

[kevin@onebitevegan.com](mailto:kevin@onebitevegan.com)

Website:

[www.OneBiteVegan.com](http://www.OneBiteVegan.com)

©One Bite Vegan Magazine 2018





# LET'S MAKE Vegan Sushi

By: Kari Gray





### Sushi for All

There are days when I crave sushi. I mean craaave. There's something about the seaweed/ grain/ avocado combo in particular that does it for me. Plus, I love that I can add any veggie I'd like and it turns out. It's fun to experiment and a great way to get a variety of vegetables in. Add tamari and wasabi, and I'm as happy as can be. So I'm making it. Like, now.

You too? The kids can help and it'll be fun! Once your kids are cool with seaweed, they'll likely love this sushi. And if they aren't into the seaweed, try using a big romaine or kale leaf to roll it all up in. Messy? Yes. Fun? You bet. Especially when you let them choose their own fillings and make it themselves.

Quick and Easy Vegan Sushi. Did you know that making sushi is really pretty easy? If you have the quinoa made and veggies chopped, it's super quick, too. When I made those pictured, I randomly chose fillings for different rolls, rolled them too fast, made some mess, and still liked how they turned out. Actually pretty!

**Sushi Filling.** The veggies I used in the recipe were based on what I happened to have on hand (also pictured). I think they turned into beautiful rainbow sushi, don't you?

Green and red cabbage Shiitake mushrooms  
Jalapeno Radish Avocado Cilantro Cucumber  
While you can use different veggie combinations in each roll, I was pleased





to discover that it's possible to make rolls using every single ingredient on my list! It's surprising how much can be stuffed in a roll.

When slicing the veggies, the key is to think long and skinny so the roll can be, well, rolled. Leftovers. Have leftover veggies? No problem! Add torn nori and any leftover quinoa and you've got a great salad for tomorrow.

Party! Have a sushi party and make a huge platter with friends!

### Vegan Sushi Recipe

Vegan Gluten-free Oil-free Nut-free Easy Veggie-Packed

**Serves 5**

#### Extra Tools

- Sushi mat
- Paddle (optional)

#### INGREDIENTS:

- 1 1/4 cups dry quinoa
- 2 1/2 cups water or vegetable broth
- 3 tablespoons apple cider or rice vinegar
- 1 teaspoon maple syrup
- 1/4 teaspoon tamari
- 5 sheets of nori (1/2 a bag)
- 5 teaspoons sesame seeds
- Vegetables of choice sliced in long thin pieces (julienne and/or batonnet if you want fancy), such as the following (or equivalent)
  - 1/2 small head of green cabbage
  - 1/2 small head of purple cabbage
  - 4-5 shiitake mushrooms (raw or you can sautee in garlic first)
  - 1 jalapeno
  - 2-3 radishes
- 1 large avocado
- 1/2 cucumber
- a handful of cilantro sprigs

Serve with condiments such as tamari, wasabi, pickled ginger, sesame seeds, etc.

#### INSTRUCTIONS:

1. Make the quinoa "rice": Bring the quinoa and water/broth to a boil in a pot on the stove, reduce to simmer and cover for 15 minutes. Meanwhile, prep all vegetables. Let cool for about 10 minutes. In a small bowl, stir together the vinegar, maple syrup, and tamari. Add

this mixture to the quinoa, stirring until well combined.

2. Lay a sheet of nori onto the sushi mat. Some nori has markings for cutting the sushi. If yours does, make sure the lines are pointing vertically. Place about 3/4 cup of the quinoa mixture on the nori and, with your hands or a sushi paddle, spread it to all the edges except the top. Leave an inch at the top for sealing the sushi roll.

3. Sprinkle sesame seeds horizontally across the quinoa, anywhere is fine.

4. In the lower third of the roll, lay pieces of vegetable horizontally as pictured below. Let some overhang the edges - that's how the pretty end pieces are made.

5. Lift the bottom of the sushi mat and carefully begin rolling the lower third of the roll. Help the veggies stay in place with your fingers. When the lower edge of the nori reaches back down to the mat, pause to squeeze the round, ensuring a secure center. Then, carefully lower the mat away from the rolled nori and take over for the mat, tucking in stray veggies as you roll. Once you reach the end of the quinoa, dampen the remaining nori edge with a wet finger and finish rolling. Use more water to seal once rolled, if necessary.

6. Using a chef's knife and cutting board, cut your sushi pieces from the roll, about one- to one- and-a-half-inch thick.

7. Place on a platter or individual serving dishes with chosen condiments. Enjoy!



## ABOUT THE AUTHOR

When Kari learned that humans can thrive on a plant-based diet, she was all in - for the sake of animals, the planet, and her own health. She went from vegetarian to vegan and hasn't looked back, enjoying benefits including health improvements and a general overall sense of well-being. A creator of organic kitchen & table linens for brands like Food52, Kari saw the importance of broadening her work to include easy, veg-forward, real-food recipes for the home cook. She began studying recipe development and became certified in plant-based cooking through Forks Over Knives. She now develops delicious recipes that make it easy to eat plants and love every minute of it.

Find her recipes and more on her website, Beautiful Ingredient:

[beautifulingredient.com](https://www.beautifulingredient.com)

