



California Roll

Ingredients:

- 2 cups of sushi rice (Jasmine), cooked
- ¼ cup seasoned rice vinegar
- 4 half sheets sushi grade nori
- 8 pieces imitation crab
- 1 small cucumber cut into matchsticks
- 1 avocado, thinly sliced

Instructions:

1. Season the cooked sushi rice with the rice vinegar, fanning and stirring until room temperature.
2. On a rolling mat, place one sheet of nori with the rough side facing upwards.
3. Wet your hands and grab a handful of rice and place it on the nori. Spread the rice evenly throughout the nori without mashing the rice down. Season rice with a pinch of sesame seeds, if using, then flip it over so the nori is facing upwards..
4. Arrange, in a horizontal row 1 inch (2.5 cm) from the bottom, the crab followed by a row of avocado and a row of cucumber.
5. Grabbing both nori and the mat, roll the mat over the filling so the extra space at the bottom touches the other side, squeezing down to make a nice tight roll. Squeeze down along the way to keep the roll from holding its shape.
6. Transfer the roll onto a cutting board. Rub a knife on a damp paper towel before slicing the roll into six equal portions.
7. Enjoy!!!

Prep Time: 45 minutes

Cooking Time: 20 minutes

Equipment:

- Sushi rolling mat
- Bowl
- Cutting board
- Chef's knife

Servings: 4

Serving Size: 1 roll of sushi



Nutrition Facts:	495	1 g	1g Saturated	89g	15g	1g
	Calories,	Fat,	Fat,	Carbohydrates,	Protein,	Fiber,
	66g	290mg				
	Sugar,	Sodium.				

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
 For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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Variations:

- Add sesame oil to the rice to bring out extra flavor.
- You can add carrots in the roll to add an extra crunch.

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