



Spicy Tofu Sushi

Ingredients:

- 1 ½ cup water
- 1 cup dry brown rice
- 3 tablespoons rice wine vinegar
- 2 tablespoons sugar
- ½ teaspoons sea salt
- 2 nori sheets
- ½ avocado, sliced
- ¼ cucumber, julienned
- ½ cup tofu, sliced into long strips
- 1 tablespoons Sriracha sauce
- ¼ cup low sodium soy sauce

Instructions:

1. In a saucepan, bring water to a boil. Add rice and cover. Turn heat to low and let simmer for 20-25 minutes until fully cooked. Set aside.
2. While rice is cooking, place vinegar, sugar, and salt in a saucepan over medium heat. Cook until sugar is dissolved. Remove from heat and cool in the fridge.
3. Add vinegar mixture to rice. Stir until rice appears dry. Cool in fridge.
4. Divide rice among nori sheets and flatten over entire sheet. Then divide avocado, cucumber, tofu, and Sriracha sauce among rolls, placing all ingredients in a line on left side of roll.
5. Using a sushi mat, tuck left side to the right over tofu and veggies and continue rolling as tightly as possible. Slice rolls and serve with soy sauce.

Variations:

- Decrease cook time and carbs by omitting rice and rolling your sushi in a thin length-wise cucumber slice speared with a toothpick.
- Use sushi grade tuna or salmon in place of tofu to increase protein content and healthy omega-3 fats.

Prep Time: 15 minutes

Cooking Time: 25 minutes

Equipment:

Saucepan
Rubber spatula
Measuring cups and spoons
Sushi mat

Servings: 2 servings

Serving Size: 1 sushi roll



Nutrition Facts: 370 Calories, 10 g Fat, 1.5 g Saturated Fat, 57 g Carbohydrates, 13 g Protein, 5 g Fiber, 10 g Sugar, 1660 mg 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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