



Cauliflower Sushi

INGREDIENTS AND TOOLS

½ a small head of cauliflower

1 TBSP rice wine vinegar

4-5 sheets roasted nori

1 carrot; peeled

½ cucumber; not peeled, washed, seeded

½ medium yellow squash; not peeled, washed

½ ripe avocado

Bamboo sushi rolling mat

Food processor

DIRECTIONS

Place the cauliflower in a food processor and pulse until riced. Transfer cauliflower crumble to a bowl with loose cover (to allow steam to escape) and cook on high for three minutes. Mix hot cauliflower with rice vinegar. Set aside to cool. Julienne veggies into thin, matchstick-like pieces for easy rolling. Remove the pit and shell of the avocado half. Mash and combine with the cooled cauliflower/rice wine vinegar mixture. This is what will help the cauliflower stay together when rolled. Lay a sheet of nori on the sushi rolling mat. Spread a couple of tablespoons of the cauliflower rice onto the nori. Continue until the nori is covered from edge to edge with a thin, even layer of "rice." Leave a one-inch space at one end of the nori without rice. Add your fillings in a single row about one inch from the beginning side of the nori sheet. Do not to add too much filling as it will make it harder to roll.

Rolling the sushi: Have a small bowl or glass of water to keep on hand. Place the sushi mat so that the side of the nori with the filling is nearest to you. Start to roll by pulling up the mat slightly and tucking the row of filling into the first complete roll. Press down with the mat around this to help make a nice tight roll. Continue rolling with the help of the mat and pressing/tucking as you go to keep the roll tight until you get to the end of the nori sheet with the one-inch section without rice. Dab a bit of water on the end of the nori to help it stick to itself and then complete your final roll. Using a clean, sharp knife, cut the sushi into pieces. Wipe off your knife after every one to two slices so that you keep the cuts clean. Makes approximately 18 pieces; 20 calories each.