**Vegetarian Sushi Roll (inspired by an AllRecipes California roll)**

**Ingredients**

4 cups water

2 cups uncooked white rice

1/2 cup seasoned rice vinegar

1 teaspoon salt, or as needed

5 sheets nori (dry seaweed)

1 avocado, sliced

1 English cucumber, seeded and sliced into strips

2 tablespoons drained pickled ginger, for garnish

2 tablespoons soy sauce, or to taste

1 tablespoon wasabi paste

**Directions**

Wrap a sushi rolling mat completely in plastic wrap and set aside.

Bring water and rice to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes. Transfer rice to a bowl and cut in rice vinegar using a rice paddle or wooden spoon. Season with d 1 teaspoon salt, or to taste. Allow to cool to room temperature, about 30 minutes.

Place a sheet of nori on a flat work surface. Spread a thin layer of rice on top of the nori. Place the nori, rice side down, on the prepared rolling mat. Place 2 to 3 avocado slices on top of the nori in one layer. Top with cucumber strips. Using the mat as a guide, carefully guide roll into a tight log. Remove the rolling mat. Remove the plastic and cut roll into 6 even pieces using a wet knife. Repeat with remaining sheets of nori and filling. Serve garnished with pickled ginger, soy sauce, and wasabi paste.

**Sweet: Fruit Sushi (Frushi)**

**INGREDIENTS**

1 cup uncooked sushi rice

1/4 cup granulated sugar

1/4 cup light coconut milk

1/4 teaspoon salt

12 thin slices of kiwi

12 mandarin oranges

6 raspberries cut in half

honey to use as glue optional

**Directions**

Rinse rice until the water runs clean. Let the rice soak in a bowl of clean water for 30 minutes. Bring 1 and 1/4 cups water and rice to a boil in a medium saucepan. Cover, reduce heat, and simmer 15 minutes or until water is almost absorbed. Remove from heat; let stand, covered, 15 minutes.

Place rice in a large bowl. Add sugar, coconut milk, and salt, stirring gently until well combined. Cover and let stand 20 minutes.

Lightly coat hands with cooking spray. Divide rice mixture into 12 equal portions, shaping each into a ball (about 2 tablespoons of rice). Lightly press each rice ball into an oval between palms; place ovals on a baking sheet lined with wax paper. Top each rice oval with one kiwi slice, one mandarin orange and one raspberry slice. If the fruit doesn't readily stick to the rice you can brush the tops of the rice ovals with honey first. Cover and chill frushi for at least one hour, up to 8 hours.