

# Avocado Sushi



**Time:** 60 minutes (30 minutes prep, 30 minutes assembly)

**Serves:** 4-6

**Ingredients:** [4 nori \(seaweed sheets\)](#)

1 avocado

2 cups [sushi rice](#)

2 cups water

1/3 cup rice vinegar

1 teaspoon salt

Black and white sesame seeds (optional)

[Bamboo rolling mat](#)

## Directions:

1. Cook sushi rice according to package instructions. When cooked, mix in rice vinegar and salt, then set aside.
2. Cut avocado into thin slices.
3. Cover bamboo mat in cellophane or with a Ziplock bag.
4. Lay a sheet of nori, shiny side down, on the mat, fold nori sheet in half.
5. With wet fingers (dip in rice vinegar or water), spread  $\frac{1}{4}$  rice on nori in an even layer on the nori sheet.
6. Sprinkle with sesame seeds.
7. Place avocados slices on the nori sheet (each slice end to end in a single row and placed near the end where you are going to begin rolling).
8. Then roll sushi, pressing tightly on the mat for a firm roll.
9. Slice into six pieces. If knife gets sticky, dip in rice vinegar or water.
10. Repeat steps 4-8 with remaining nori sheets.
11. Serve with amino acids and/or wasabi and/or pickled ginger.