

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**California Rolls**

**Serves 6**

**Take the mystery out of making sushi. These rolls are easy and inexpensive to make yourself. Using brown rice makes this dish a good source of dietary fiber. Be sure to let the rice cool to room temperature before assembling so it sticks properly.**

**Ingredients:**

1 cup short-grain brown rice  
2 cups water  
2 tablespoon rice vinegar  
1 tablespoon sugar  
¼ teaspoon salt  
3 sheets nori (roasted seaweed sheets)  
1 avocado, peeled, pit removed, sliced thin  
6 ounces imitation crab stick, cut into long strips  
1 cucumber, peeled and seeded, cut into long thin strips  
3 tablespoons toasted sesame seeds

Wasabi paste (optional)  
Pickled ginger (optional)  
Reduced sodium soy sauce (optional)

**Directions:**

1. In a medium saucepan, bring water to a boil. Add rice and simmer, covered, until the water is absorbed, about 30-40 minutes. Remove from heat and let stand for 10 minutes. In a small bowl combine the rice vinegar, sugar and salt. Stir into the rice. Cool the rice to room temperature, about 10 minutes.
2. Cover a bamboo rolling mat\* with plastic wrap (this prevents rice from sticking and makes cleaning easier).
3. Cut nori sheets in half. Place one half sheet of nori on a bamboo rolling mat. Wet your fingers with water and press about 1/3-1/2 cup rice evenly over the nori. Sprinkle with sesame seeds. Carefully turn the sheet of nori and rice over so that the rice side is face down on the bamboo mat. Place 1/6 of the crab, cucumber, and avocado slices in the center of the sheet. Roll into a tight cylinder, using the mat to shape the cylinder. Cover with plastic wrap and repeat for remaining rolls.
4. Cut each roll with a sharp knife dipped in water into 6 pieces. Serve with pickled ginger, wasabi and reduced sodium soy sauce, if desired.

**\* Bamboo rolling mats may be purchased in a kitchen equipment store. If you do not have a bamboo rolling mat, use a clean, dry towel.**

**Nutritional Information per roll:**

Calories: 214; Carbohydrates: 33g; Total Fat: 6g; Cholesterol: 6mg; Saturated Fat: 1g;  
Dietary Fiber: 4g; Protein: 7g; Sodium: 368mg