



The Kitchen at Second Harvest Veggie Hand Roll try at home recipe

flip to learn more!



Ingredients

- Veggies of your choice, julienned (sliced very thin)
- 3/4 cup rice, cooked
- 2 sheets nori seaweed

Yield: 2 rolls
Servings: 2 rolls



Directions

1. Take nori sheet and thinly press some brown rice on 3/4 of the sheet.
2. Layer veggies of choice on top of rice on a diagonal.
3. Place a small amount of rice on the corner where you will roll towards (this helps the seaweed to stick to itself)
4. Lift up one corner of nori where you have the veggies, and roll towards the center of the sushi paper. As you do this, the rectangle will roll into a cone-shape.
5. Use the small amount of rice in the corner you are rolling towards to stick the nori to itself.

Find more recipes, free classes,
and ways to get involved!



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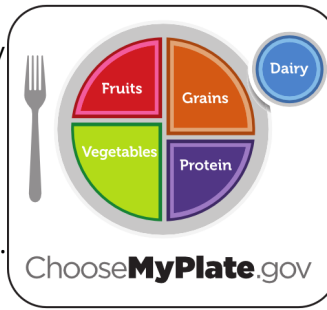


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

Cooking Tips

- Let rice completely cool before using in the hand rolls.
- Dip in peanut sauce or soy sauce!

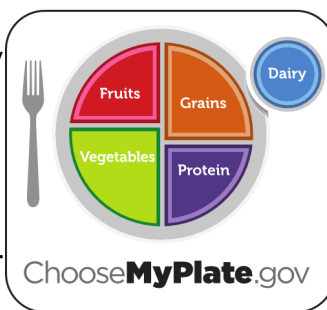
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Nutrition Facts

for brown rice and nori only

Nutrition Facts	
1 servings per container	
Serving size	2 rolls
Amount Per Serving	
Calories	190
<small>% Daily Value*</small>	
Total Fat 1.5g	2%
Saturated Fat 0.4g	2%
Trans Fat 0g	
Sodium 40mg	2%
Total Carbohydrate 36g	13%
Dietary Fiber 4g	14%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Protein 5g	10%
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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