

**California Sushi Rolls with Flax**

2 cups	medium grain sushi rice	500 mL
3 cups	water	750 mL
1 tsp.	salt	5 mL
¼ cup	seasoned rice vinegar	50 mL
2 tsp.	cooking sherry (optional)	10 mL
¼ cup	whole flaxseed	50 mL
1	ripe avocado, peeled, cut into eight lengthwise wedges	1
1	7 inch (17 cm) length of English cucumber, peeled, cut in half lengthwise	1
6	5 inch (12.5 cm) imitation crab sticks	6
4	sheets nori (seaweed)	4
	bamboo sushi mat*	1

- Rinse rice well in cold water and drain.
- In a 6 cup (1.5 L) saucepan combine rice, water and salt. Cover and bring to a boil over high heat.
- Reduce heat, simmer 20 to 25 minutes or until water is absorbed. Remove lid.
- Gently fold in seasoned rice vinegar, cooking sherry and flaxseed. Cool to room temperature.
- Take one half of the cucumber, cut into 4 lengthwise wedges, reserve other half for another use.
- Lay bamboo mat on counter with slats parallel to edge. Place nori sheet on top short end facing you and shiny side down.
- Spread 1 ¼ cup (300 mL) rice to a ¼ inch (7 mm) thickness leaving a ½ inch (1 cm) edge at the top.
- Lay two pieces of avocado end to end, one cucumber spear and one and a half crab sticks end to end on lower third of rice. Using thumb, push bamboo mat edge nearest you up and over the filling, holding the row ingredients in place with your fingertips.
- Continue lifting and rolling mat until sushi is rolled, being careful not to roll mat into the sushi roll.
- Wrap each roll in plastic wrap, cover with damp towel and refrigerate until ready to serve.
- To serve sushi, slice each roll into 8 rounds. Serve with Wasabi, soy sauce, teriyaki sauce or pickled ginger.

\*Bamboo sushi mats can be purchased in the ethnic section of large supermarkets. Sushi rolls can be stored in refrigerator up to two days.

Seasoned rice vinegar has salt and sugar added. You can substitute by heating ¼ cup (50 mL) regular rice vinegar, 1 tbsp. (15 mL) granulated sugar and 1 tsp. (5 mL) salt together until dissolved.

Wasabi is very hot, much like horseradish. Wasabi can be purchased as a ready-to-use paste in a tube or powder form that is mixed with water to form a paste.

Pickled ginger is usually found in the produce section cooler in large supermarkets or ethnic stores.

Yield: 8 servings

Serving Size: 4 rounds

Single Serving Nutrient Values

Calories	349.25	
Protein	13.84	g
Carbohydrate	58.69	g
Fiber	3.25	g
Fat	6.60	g
Saturated	1.59	g
Monounsaturated	3.11	g
Polyunsaturated	1.39	g
Cholesterol	30.60	mg
Folate	113.49	mcg
Potassium	419.73	mg
Sodium	477.28	mg