

# Nori Wraps

## Diabetic Friendly

**Items Needed:** cutting board, knife, measuring cups, measuring spoons, wooden spoon, small saucepot or rice cooker

**Serves:** 4

### Ingredients:

#### Rolls:

- 1 ¼ cup vegetable stock or water
- ½ cup sushi rice
- 1 tsp rice wine vinegar
- 4 romaine leaves
- 1 cup shredded carrot
- 1 green onion
- ½ bell pepper
- ½ avocado
- 4 nori wraps

#### Dipping Sauce:

- 2 Tbsp peanut butter
- 2 Tbsp of water
- 1 tsp Soy Sauce
- Juice of ½ lime

#### Directions:

1. Rinse the rice and drain over a colander. Add rice to saucepot and cover with water or stock. Bring to a boil and reduce to a simmer, cover and let cook according to direction on the rice package.
2. While rice is cooking, clean your veggies and begin slicing into strips about 3-4 inches long.
3. Cut romaine leaves down to approximately 1/3-1/4 the size.



4. In a microwave safe bowl, combine the sauce ingredients reserving the lime juice to go in after heated. Microwave for 30-45 seconds and mix until ingredients are well combined and finish with the lime juice. If you would like a kick feel free to add some sriracha.
5. When rice is finished cooking remove from heat add rice wine vinegar and mix rice with spoon to coat. Let sit to cool slightly for 5-10 minutes.
6. Assemble Nori sheets and lay the paper flat on the cutting board. In the middle third of the sheet you are going to take  $\frac{1}{4}$  of your rice and use your spoon to coat the middle section.
7. Layer your veggies on top of the rice, then your choice of protein and roll tightly into open ended rolls. Cut in half and serve.

### **Nutrition Information (per $\frac{1}{4}$ recipe):**

Calories: 226 Fat: 9.3 g Carbs: 27.9 g Protein: 7.8 g Fiber: 5.1 g Sodium: 145mg

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