

Cucumber Avocado Sushi

This recipe was provided by our friends at [NatureFresh™ Farms](#) and the [Gluten Intolerance Group](#).

Ingredients

- 2 cups NatureFresh™ Farms Long English Cucumber
- 1 avocado
- 2 cups brown rice
- 3 cups water
- ¼ cup rice vinegar
- ½ tbsp. vegetable oil
- 1/8 cup sugar
- ½ tsp. salt
- 1/8 cup toasted sesame seeds
- 1 sheet of dried seaweed

Method

1. Wash produce before preparing.
2. Cook brown rice in 3 cups of water.
3. While that is cooking, heat up rice vinegar, vegetable oil, sugar, and salt in a saucepan until sugar dissolves. Let cool.
4. When rice comes to a boil, cover and cook for 20 minutes or until water is absorbed.
5. Let rice cool until it is warm.
6. Mix rice with vinegar mixture until the liquid is absorbed and the rice is sticky.
7. Peel and dice cucumber and slice avocado; set aside.
8. Layer Cucumber at the bottom of a one-cup measuring cup.
9. Pack rice on top of the cucumber to fill the cup.
10. Place a plate face down on the cup, hold together, and turn both over so the plate rests on the counter top or table.
11. Top with Avocado
12. Sprinkle with toasted sesame seeds.
13. Optional: break up pieces of dried seaweed or nori on top for the full sushi experience!

Note: Drizzle gluten free soy sauce over this recipe to add a little more flavor!