



Makes 3 6-piece rolls
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

THAI PEANUT SAUCE

$\frac{3}{4}$ cup canned or cooked chickpeas, rinsed and drained

$\frac{1}{4}$ cup water

2 tablespoons brown rice vinegar

1 tablespoon peanut butter

1 teaspoon sambal oelek or other chili sauce

$\frac{1}{4}$ teaspoon minced fresh garlic

Sea salt (optional)

QUINOA SUSHI

$\frac{1}{2}$ cup quinoa, rinsed and drained

2 tablespoons brown rice vinegar

2 tablespoons pure maple syrup

2 teaspoons arrowroot powder

Sea salt (optional)

3 toasted nori sheets

1 Persian cucumber, seeded and cut into twelve $4 \times \frac{1}{4}$ -inch strips

$\frac{1}{2}$ of a medium red sweet pepper, cut into twelve $4 \times \frac{1}{4}$ -inch strips

1 scallion, cut into six $4 \times \frac{1}{4}$ -inch strips

12 fresh Thai or Italian basil leaves

Quinoa Sushi with Thai Peanut Dipping Sauce

A Thai-inspired peanut sauce is the perfect dipper for these delicate quinoa **sushi** rolls. Tip: Any shade of quinoa will work in this recipe, but red quinoa gives the rolls an extra pop of color.

By Darshana Thacker Wendel

- 1** Make Thai Peanut Sauce: In a blender combine chickpeas, $\frac{1}{4}$ cup water, brown rice vinegar, peanut butter, sambal oelek, minced fresh garlic, and sea salt to taste (optional). Cover and blend until smooth. Set aside.
- 2** In a small saucepan combine quinoa and 1 cup water. Bring to boiling; reduce heat. Simmer, covered, 20 minutes or until tender and water has been absorbed. Remove from heat.
- 3** In a small bowl whisk together vinegar, maple syrup, arrowroot powder, and, if desired, salt. Stir into warm quinoa. Cover pan; let stand 10 minutes.
- 4** Prepare a station to assemble rolls. Lay sushi mat on cutting board; place a nori sheet lengthwise on mat. Spoon $\frac{2}{3}$ cup of the quinoa onto nori. Using your fingers, press quinoa into an even layer, leaving a 1-inch border on the top and bottom edges of nori. Arrange one-third of the vegetable strips and basil lengthwise over quinoa.
- 5** Lift bottom edge of the mat and roll nori sheet over vegetables, making sure to tuck the veggies under as you roll so they are not pushed out the top. Roll to top and seal by pressing nori edge into roll. If needed, brush edge with water to seal.
- 6** Dip a long, sharp knife in water, then cut roll in half. Cut each piece in half again, and then again to make eight pieces.
- 7** Repeat Steps 4 through 6 to make and cut two more rolls. Serve rolls with Thai Peanut Sauce.