



Makes 3 rolls
Cook Time: 45 minutes

INGREDIENTS:

2 tablespoons brown rice vinegar
1 tablespoon pure maple syrup
1½ teaspoons arrowroot powder
¼ teaspoon sea salt
1 cup bulgur
3 toasted nori sheets
1 medium zucchini, seeded and cut into twelve 4×¼-inch strips
1 small red onion, halved, thinly sliced, and separated into strips (1 cup)
1 cup coarsely shredded carrots
12 fresh cilantro sprigs
Low-sodium tamari or soy sauce
Wasabi paste

Zucchini-Bulgur Sushi Rolls

Light, fluffy, and short-grained, bulgur makes a great alternative to rice for **veggie sushi**. Here, it's infused with maple syrup and rice vinegar for a touch of sweetness. Cilantro sprigs are tucked in with the vegetables to give these rolls a hit of fresh, herbal flavor. If you're not a fan of cilantro, try substituting basil, parsley, or tarragon.

By Darshana Thacker Wendel

- 1 In a small bowl whisk together vinegar, maple syrup, arrowroot powder, and salt.
- 2 In a small saucepan bring 1½ cups water to boiling. Stir in bulgur and vinegar mixture. Cover pan and remove from heat; let stand 20 minutes. Drain; fluff bulgur with a fork.
- 3 Prepare a station to assemble rolls. Lay sushi mat on cutting board; place a nori sheet lengthwise on mat. Spoon ⅔ cup of the bulgur onto nori. Using your fingers, press bulgur 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 cilantro lengthwise over bulgur.
- 4 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.
- 5 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.
- 6 Repeat Steps 3 through 5 to make and cut two more rolls. Serve rolls with tamari and wasabi paste.