

## Rice & Vegetable Bites



### Sirve:

About 26 individual pieces; 4 per serving

### Pieza:

1 ½ Qt./1.4 L Sauce Pan with Cover  
medium mixing bowl

**Valora:** ☆☆☆☆☆

### Contribuido por:

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Certified Health Coach & Natural Foods Chef  
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### Descripción de la Receta:

This toddler friendly dish is inspired by a popular Japanese dish Onigiri. Onigiri is a simple and portable snack made with sticky sushi rice filled or mixed with an assortment of seasonings, vegetables, meats or fish. Make a double batch and add them to lunchboxes for a nutritious snack, or in addition to a light meal with miso soup and Japanese pickles. It is a perfect finger food for toddlers and adults.

1 cup  
sushi rice  
(180  
g)  
1 ½ cups  
water  
(350  
ml)  
1 cup  
leftover cooked vegetables, chopped into very small pieces (carrots  
and mushrooms)  
(130  
g)  
½ cup  
cooked fish (sole, cod or salmon), flaked into small pieces  
(65  
g)  
1 scallion, green and white part, minced  
½ teaspoon  
salt  
(3  
g)

### Preparación :

1. Rinse sushi rice under room temperature water until water runs clear.
2. Place rice and water in sauce pan and soak for 30 minutes.

3. Place cover on pan and turn heat to medium. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 20 minutes.
4. Remove pan from heat. Leave cover on pan and let rice rest for 10 minutes.
5. Remove cover and fluff rice with fork. Place rice in a clean mixing bowl.
6. Add leftover vegetables and fish, season with salt and gently mix together.
7. Moisten hands lightly in bowl of room temperature water (this will prevent rice from sticking to your hands). While mixture is warm, take 2 tablespoons of rice and vegetable mixture and roll into balls. Make sure rice and filling ingredients are not too wet or mixture will fall apart.
8. Place rice balls onto clean plate.
9. Serve rice balls as is, or sprinkle with toasted sesame seeds or seaweed, or wrap a small piece of Nori sea weed around each piece before serving.

### Consejos:

- Substitute sushi rice for short grain brown rice.
- Try these combinations for a variety of flavors: rice, avocado and cucumber; rice, minced cooked chicken and shredded cooked zucchini; rice, chopped drained kimchee and leftover cooked salmon; rice, peas and drained chopped tuna.

### Información nutricional por ración

Based on 6 servings; 4 balls per serving

**Calorías:** 145

**Grasa Total:** 0g

**Grasa** 0g

**Saturada:**

**Colesterol:** 6mg

**Sodio:** 206mg

**Carbohidratos:** 32g

**Fibra** 1g

**Dietética:**

**Azúcar:** 1g

**Proteína:** 4g