

# Vegetarian? 12 Sushi Recipes for You

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**With the right materials and a creative use of ingredients, vegetarians and vegans can enjoy delicious and healthy sushi without the meat.**

([Newswire.net](https://www.newswire.net) -- January 20, 2018) -- Sushi is one of the most popular Japanese dishes. It is so popular it is now served all over the world. However, when we hear the word "sushi", some of us immediately think of raw fish. The truth is that sushi is made of vinegared rice topped with other ingredients.

Does that mean vegetarians can't eat sushi? Of course not. There are dozens of different kinds of sushi including vegetarian and vegan options.

Here are some vegetarian or vegan sushi recipes you can try at home.

## Vegetable Sushi

This recipe was shared by Masaharu Morimoto, an Iron Chef who started in Nobu and eventually opened his own restaurant, Morimoto, in Philadelphia. It is a low sodium, low fat, diabetes-friendly and heart-healthy recipe that includes cucumbers, avocados, tomatoes, red onions, asparagus, lettuce hearts, pickled ginger, and some wasabi for a little kick of spice.

## Kanpyo and Tamagoyaki Futomaki (Vegetable Fat Rolled Sushi)

Futomaki literally means "fat rolled sushi". When it comes to futomaki fillings, the possibilities are endless although they normally include cooked spinach, cucumber, egg omelet (*tamagoyaki*) and cooked and seasoned dried daikon (*kanpyo*).

## Asparagus Sushi with Lime-Spiked Avocado

World-renowned chef Jamie Oliver also shares his own take on healthy vegetable sushi with this dish. This recipe is very easy to make and will only take you 45 minutes to prepare. The main ingredients include avocados, asparagus, and limes.

## Coconut Tempura Tofu Sushi with Quinoa Rice

To make sushi, you would normally need to learn [how to make sushi rice](#). However, Marisa Bagget, author of the cookbook *Vegetarian Sushi Secrets*, decided to take it to a different level by swapping sushi rice with quinoa rice instead. Quinoa is a healthier alternative to rice. It is a complete protein that's high in fiber and minerals. Plus, it's gluten-free too.

## Vegan Sushi Rolls with Quinoa Sticky Rice

You can use both regular sushi rice and quinoa rice in your sushi though, just like this recipe from [PeasAndCrayons.com](#). It's recommended to cook the quinoa first, lightly toasting it, before adding water and the rice. Add in vegetables such as asparagus, cucumbers, carrots, yellow bell peppers, onions, and broccoli sprouts and you'll have the perfect vegan sushi roll!

## Sriracha Sweet Potato Tempura Vegan Sushi

For a high carb, low fat plant-based sushi, try this recipe shared by [RawTillWhenever.com](#). It's filled with delicious whole foods that are great for weight loss. Brown rice is used as a healthier option. Sriracha is also used in the sweet potato tempura to add a bit of spice.

## Wholegrain Pumpkin Vegan Sushi Rolls

This recipe is great during the autumn or winter season when pumpkins are in season. This makes use of organic

brown sticky rice as well, which is not only nutrient-rich but also lighter and easier to digest. It is gluten, dairy, egg, nut, and soy-free, making it a perfect lunch or dinner option for vegans.

### **Vegan Sushi Thai Style**

Do you love Thai food? Why not make Thai-inspired sushi then? That's exactly what this recipe is all about. Taken from Laurinda Erasmus' book, *Benessere Well-Being: Vegan & Sugar-free Eating for a Healthy Life-Style*, this recipe uses peanuts, cucumber, coriander, star anise, rice syrup and red rice.

### **Vegan Sushi Italian Style**

If Italian food is more your thing, then you must try this Italian-style sushi also from Laurinda Erasmus. This delicious and healthy version only takes 40 minutes to make and includes 10 ingredients - nori, apple puree, sundried tomatoes, balsamic vinegar, garlic, Arborio rice, basil, zucchini, water, and flat leaf parsley.

### **Gluten Free Vegetarian Cucumber, Cream Cheese, and Tofu Sushi Rolls**

For another gluten-free version, here's a very easy one from Otajoy.com. It only uses 6 ingredients including rice, sushi vinegar, cucumber, cream cheese, OtaJoy sushi sauce, and fried tofu cutlets or *atsuage*.

### **Zucchini Sushi**

Here's a beautiful and refreshing raw sushi version that does not include the use of nori strips or rice. Instead it makes use of thinly sliced strips of zucchini to wrap around the rice and vegetables. The vegetables used include cashews, carrots, cucumber, radishes, avocados, and cilantro.

### **Vegetable Nigiri**

Nigiri, or *nigiri-zushi*, is one of the most common types of sushi. It means "hand-pressed sushi" and is usually made by putting a slice of raw fish over pressed vinegared rice. The toppings can vary though and does not have to be just fish. This Vegetable Nigiri recipe from The Washington Post replaces the fish with red pepper and meaty king oyster mushrooms.

Contrary to popular belief, making sushi is not really that hard. Rolling sushi may take some getting used to but it's a lot of fun to do especially with your loved ones at home. With a little know-how, the right materials and a creative use of ingredients, vegetarians and vegans can enjoy delicious and healthy sushi without the meat.

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