

Vegetarian Quinoa Sushi with Miso Tahini Dressing

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-tahini-dressing-recipe>

Ingredients:

- 1 cup white quinoa
- 2 1/2 cups water
- 2 teaspoons rice vinegar
- 6 nori sheets
- 1 large carrot julienned
- 1/2 cucumber julienned
- 1/2 cup shredded cabbage
- 1 avocado sliced
- 1/4 cup Tahini runny
- 1 teaspoon toasted sesame oil
- 2 tablespoons white miso
- 1 tablespoon honey or maple syrup
- 1 tablespoon rice vinegar
- 1 garlic clove finely minced
- 1/4 cup water more or less depending on your tahini
- 1/4 teaspoon ground ginger optional

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 46 grams
3. Fat: 19 grams
4. Fiber: 9 grams
5. Protein: 11 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 360 milligrams
8. Sugar: 7 grams

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