



Nori Rolls

Hungry for a raw veggie roll? Check out this recipe for nori rolls, which are quick and easy to make; you can make 2 of them in under five minutes. This is a great meal to take to work or enjoy as a light dinner. If you aren't sure where to get nori rolls, you can find them at any Whole Foods or Asian grocery.

Ingredients

2 nori sheets
1 large avocado
2 fresh tomatoes
1 small onion
10 black olives, pitted OR 6 sundried tomatoes in oil
Handful of coriander (cilantro) OR rocket (arugula) OR watercress OR sunflower greens

Preparation process

Lay the nori sheet on a cutting board and place strips of avocado roughly an inch from the border of the sheet.

Place slices of tomato, onion, olives/sundried tomatoes and greens on top of the avocado

Roll them up by hand or with a sushi mat.

Cut into bite-size pieces and serve.

Bonus Items

If you want to watch the video again. Click [here](#).

Looking for a sushi rolling mat? This [model](#) comes highly recommended.