

Japan

Sushi Rice

Serves 8 (serving size: 1/2 cup)

1 serving provides 1 oz. Grains group

Ingredients

- 2 cups Japanese-style rice, uncooked
- 2 cups water
- 2 tablespoons rice vinegar
- 1 teaspoon salt

Sushi is a popular snack in Japan made of rice flavored with rice vinegar, seafood, vegetables, and raw fish. It is often wrapped in sheets of dried seaweed called nori.

Japanese rice is a medium-grained rice and gets sticky when it is cooked. The long-grained American rice isn't proper for sushi because it is drier and doesn't stick together.

Directions

1. After rinsing the rice well, cook it in a pan or rice cooker, 3 1/4 cups water.
2. Prepare sushi vinegar by mixing rice vinegar, sugar, and salt in a small pan.
3. Put the pan on low heat and cook until the sugar dissolves.
4. Cool the vinegar mixture.
5. Spread the cooked hot rice onto a large plate by spatula. Sprinkle the vinegar mixture over the rice and fold into the rice.

NO-OVEN
RECIPE

Nutrition Facts

Serving Size 1/2 cup serving (35g)
Servings Per Container 8

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 290mg 12%

Total Carbohydrate 21g 7%

Dietary Fiber 0g 0%

Sugars 3g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Japan

Cucumber Roll – Sushi

Serves 32 (serving size: 1 sushi piece)

1 serving provides no significant food group

Ingredients

- 1 cucumber
- 4 sheets of nori (dried seaweed)
- 4 cups sushi rice

Directions

1. Cut the cucumber into thin and long sticks.
2. Put a nori sheet on top of a bamboo mat (makisu).
3. Spread sushi rice on top of the nori sheet.
4. Place the cucumber sticks lengthwise on the rice.
5. Roll up the bamboo mat, pressing forward to shape the sushi into a cylinder. Press the bamboo mat firmly and remove it from the sushi.
6. Cut the rolled sushi into bite-sized pieces.

NO-OVEN RECIPE

Nutrition Facts

Serving Size 1 sushi piece (20g)
Servings Per Container 32

Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%

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Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Japan

White Bean Dip *Serves 8 (serving size: 1/4 cup)*

1 serving provides 1 oz. Meat & Beans group

Ingredients

- 1 (15.5-ounce) can navy beans, drained and rinsed
- 3 to 5 cloves garlic, minced
- 1 tablespoon olive oil
- 1/4 cup Parmesan cheese
- 2 tablespoons chopped parsley

Directions

1. Mash beans with a fork or in a food processor.
2. Add remaining ingredients and mix thoroughly.
3. Serve with pita chips.

NO-OVEN RECIPE

Nutrition Facts

Serving Size 1/4 cup (62g)
Servings Per Container 8

Amount Per Serving

Calories 80 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 70mg **3%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **12%**

Sugars 0g

Protein 5g

Vitamin A 2% • Vitamin C 2%

Calcium 8% • Iron 6%

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Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
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Japan

Peanut Butter Caterpillars

Serves 1 (serving size: 3 ounces)

1 serving provides 1 cup Fruits, 1 oz. Meat & Beans groups

Ingredients

- 1 banana
- 1 tablespoon peanut butter
- 1 grape
- 2 chow mein noodles

Directions

1. Peel and slice a banana. Join the slices together by "gluing" them with peanut butter.
2. Carefully poke two chow mein noodles (or break a pretzel stick in half to make two pieces) through the top of the grape.
3. Use more peanut butter to attach the head (grape) to the front of the body, with antennae (chow mein noodles) pointing up.

NO-OVEN RECIPE

Nutrition Facts

Serving Size 1 (75g)
Servings Per Container 1

Amount Per Serving

Calories 150 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 80mg 3%

Total Carbohydrate 17g 6%

Dietary Fiber 3g 12%

Sugars 9g

Protein 4g

Vitamin A 0% • Vitamin C 8%

Calcium 2% • Iron 2%

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Cholesterol	Less Than	300mg	300 mg
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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
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Japan

Insect-infested Logs

Serves 4 (serving size: 1 filled celery stalk)

1 serving provides $\frac{1}{4}$ cup Vegetables, $\frac{1}{2}$ cup Fruits, $\frac{1}{2}$ oz. Meat & Beans groups

Ingredients

- 4 (8-inch) celery stalks
- $\frac{1}{2}$ cup creamy peanut butter
- 2 tablespoons currants or raisins
- 2 tablespoons apricot halves cut into strips

Directions

1. Fill celery logs evenly with peanut butter using a butter knife or plastic knife.
2. Top with currants for the ants and apricots for the worms.

NO-OVEN RECIPE

Nutrition Facts

Serving Size 1 filled stalks (96g)
Servings Per Container 4

Amount Per Serving

Calories 220 **Calories from Fat** 140

% Daily Value*

Total Fat 16g **25%**

 Saturated Fat 2.5g **13%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 15g **5%**

 Dietary Fiber 4g **16%**

 Sugars 8g

Protein 8g

Vitamin A 4% • Vitamin C 8%

Calcium 4% • Iron 6%

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Total Carbohydrate		300g	375g
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Calories per gram:
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Japan

Easy Egg Rolls

Serves 6 (serving size: 1 egg roll)

1 serving provides 1/2 oz. Grains, 1/2 cup Vegetables groups

Ingredients

- 3 green onions, diced
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon sugar
- 1/2 cup + 1 tablespoon canola oil
- 1 8-ounce package shredded cabbage
- 1 package egg roll wrappers
- 1 egg, slightly beaten (a second egg is optional)
- 1/4 cup diced cooked ham, shrimp, or chicken (optional)

Can be served as an appetizer or main dish

Directions

1. Mix together garlic powder, ginger, soy sauce, and sugar in a small bowl.
2. Put 1 tablespoon oil in skillet over high heat. Add onions and cabbage and stir fry for 2 minutes. Add soy sauce/spice mixture and stir briefly. Cook cabbage until soft, not limp. Turn off heat. (Optional: Add cooked meat to mixture.)
3. Break egg into small bowl and beat. Put 1/2 cup oil in saucepan. Place on stove but do not turn on heat.
4. To assemble egg rolls, put a tablespoon of cabbage mixture in the middle of the egg roll wrapper. Follow directions on egg roll package for folding the skin around the mixture, and seal egg rolls closed with a dab of beaten egg.
5. Heat oil on medium-high heat. Use slotted spoon to lower egg roll into oil. Turn carefully with two forks or tongs after about 1 minute. When golden brown on all sides, remove with slotted spoon. Place on paper towels.

Nutrition Facts

Serving Size 1 egg roll (57g)
Servings Per Container 6

Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 280mg	12%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 4g	
Vitamin A 2%	Vitamin C 10%
Calcium 2%	Iron 8%

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