

## Putting the "I" in Sushi: Iodine-Rich Rolls That Will Rawk Your Socks Off!

Dr. Ritamarie Loscalzo

### Agenda

- Importance of Iodine to your health
- Sources of Iodine
- Review of ingredients used to make sushi without rice
- Recipe demos
- Q&A



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## Iodine Rich Foods

*(Minimum Daily Requirement 150 mcg, realistic need much higher)*

- sea vegetables (iodine content per 1 teaspoon powdered)
  - arame (6860 mcg)
  - kelp (3170 mcg)
  - hijiki (2800 mcg)
  - dulse (1169 mcg)
  - wakame (910 mcg)
  - nori (98 mcg) (approximately 40 mcg per sheet)
- cranberries (400 mcg per 1/2 cup)
- potato with peel (60 mcg per medium )
- beans (32 mcg per half cup)
- cow's milk (28 mcg per 4 ounces)
- egg (27 mcg per egg)
- sea food (cod, sea bass, haddock, perch, shrimp, tuna)  
(appox. 17 mcg per 3 ounces)
- strawberries (13 mcg per cup)

## Foods That Can Substitute for Rice in Sushi

- cauliflower
- daikon radish
- parsnip
- jicama
- nut/seed/vegetable spread

## Nori Rolls (Sushi) – General Instructions

### Ingredients:

- nori sheets
- a nut or seed paté, pesto, chopped veggie salad, or avocado
- any combination of the following ingredients chopped, sliced, diced, shredded or julienned: cucumber, carrot, avocado, celery, field greens, romaine lettuce leaves, sprouts, or veggies of your choice

### Directions:

1. Lay a sheet of Nori shiny side down on a dry bamboo sushi mat (available inexpensively at most Asian markets such as Hong Kong, My Thiang) or on a cutting board. There are a few options for assembly.
2. **Option 1:** Place a large lettuce leaf on the nori sheet. Place a strip of paté over the lettuce leaf, being sure to go all the way to the side edges. Add desired toppings and roll and cut as directed below.
3. **Option 2:** Place field greens and other vegetables on the nori sheet. Put a few dollops of paté or a sauce over the vegetables. Season with salt or other herbs, and roll and cut as directed below.
4. **Option 3:** Place a thin layer of paté on the nori sheet. Spread to within 1 inch of the edge at the bottom and 2 inches at the top and all the way to the edge at the sides. On top of the paté, layer a handful of field greens, vegetables, avocado and any desired toppings. For additional flavor, I sometimes use a pinch of umeboshi plum paste and a few slices of pickled ginger or a small amount of miso (not 100% raw, but a living food with live cultures). Roll and cut as directed below.
5. **To Roll:** Grip the edges of the nori sheet and the sushi mat together with your thumbs and forefingers and press the filling back towards you with your other fingers. Using the mat to help you, roll the front edge of the nori completely over the filling. Squeeze gently with the mat, then lift the mat and continue rolling. Tap the roll gently and open the mat. Just before closing the roll, dip index finger in water and run along the far edge of the nori sheet. This will seal the seam of the roll.
6. **To Cut:** Wet a sharp, serrated edged knife. For uniform pieces, slice in half, then cut each half in thirds, rewetting the knife if necessary. Use a see-saw motion. For variety in presentation you can also cut at a 45-degree angle.

## California Rolls

### Ingredients:

- 1 head cauliflower
- 1/2 avocado, sliced
- 1/4 cucumber, sliced lengthwise
- 1 carrot, sliced lengthwise
- 1 stalk celery, sliced lengthwise
- 1/2 teaspoon kelp powder

### Directions:

1. Cut cauliflower into small chunks and place into food processor. Process until the consistency of grains of rice (about 30 seconds).
2. Lay nori sheet on a sushi mat or cutting board.
3. Spread cauliflower on nori sheet, all the way to ends width wise and 1/2-inch from each end.
4. Lay avocado, cucumber, carrot, and celery over rice.
5. Add kelp powder and your choice of other toppings.
6. Roll as per *Nori Rolls (Sushi) – General Instructions*.

## Cauliflower Sticky Rice Rolls

### Ingredients:

- 1/2 cauliflower (or use leftover “cauliflower rice” from another recipe)
- 1/2 cup hemp seeds
- 1/2 cup Brazil nuts
- 1/2 cup water
- 1/2 teaspoon kelp powder
- 1/4 teaspoon sea salt
- 1 handful kale (or your choice of greens)
- sauerkraut, to taste
- umeboshi plum paste, to taste
- celery slices, as needed
- red bell pepper slices, as needed
- sprouts, to taste
- dulse that has been soaked, to taste

### Directions:

1. Cut cauliflower into small chunks and place into food processor. Process until the consistency of grains of rice (about 30 seconds).
2. In a high-powered blender, combine hemp seeds, Brazil nuts, water, kelp powder, and sea salt. Blend until well combined and smooth.
3. Add to cauliflower rice.
4. Choose other ingredients to put in your roll as desired.
5. Layer and roll as per *Nori Rolls (Sushi) – General Instructions*.

## Coral Sea Paté

### Ingredients:

- 1/2 cup Brazil nuts – soaked, rinsed, and drained
- 1 cup almonds – soaked, rinsed, and drained (I bought from Living Intentions)
- 1 red bell pepper
- 1/2 cup soaked dulse
- 2 - 3 garlic cloves
- 1/2 onion
- 1/2 cup pumpkin seed
- 1/2 cucumber
- sea salt, to taste
- 1/4 teaspoon basil
- 1/2 teaspoon turmeric
- avocado slices, as desired
- sprouts, as desired
- dried crumpled dulse, as desired

### Directions:

Layer and roll as per *Nori Rolls (Sushi) – General Instructions*.

## Sushi Side Dishes

### Choices:

- dried wasabi powder made into a paste (directions on container, **Eden** brand)
- coconut aminos (soy sauce substitute) or gluten-free tamari or soy sauce
- pickled ginger (if available without sugar)
- umeboshi paste

### Directions:

Put all rolls on a plate and put small sauce dishes of your favourite sides to accompany.

## **About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN**



Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease-management system into a true healthcare system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the **Institute of Nutritional Endocrinology**, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances.

Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath®. She's also a certified living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with 30 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.

## Dr. Ritamarie's Health and Nutrition Books and Programs

**Sweet Spot Solution Program:** Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and a community support forum, you'll have an effective and balanced lifestyle approach to reclaiming your health. [www.TheSweetSpotSolution.com](http://www.TheSweetSpotSolution.com)

**Empowered Self-Care Lab:** Our premier membership program, here you'll get access to all of our key hormone and body balancing programs, the complete collection of Dr. Ritamarie's recipe guides and videos, and a roadmap and handbook to guide you to assess your current health status and restore balance naturally. The future of health care is Empowered Self-care. Take charge of your health! [www.EmpoweredSelfCareLab.com](http://www.EmpoweredSelfCareLab.com)

**Body FREEDOM Nutrition Lab:** Using nutrition to restore balance needs to be at the core of all healing systems. And personalized nutrition is the future of healthcare. With so much confusing information about what you should and should NOT eat, emotional resistance is likely when it becomes challenging. The Body Freedom Nutrition Lab guides you to optimally nourish your body while making mealtime a pleasure, and provides you with peak nourishment that's filling, satisfying and aligned to your unique biochemistry and genetics. Here you'll get access to all of our recipe guides and videos, and a roadmap and handbook to guide you to assess your current nutritional status and restore balance naturally.

[www.BodyFREEDOMNutritionLab.com](http://www.BodyFREEDOMNutritionLab.com)

**Energy Recharge Coaching Inner Circle:** Dr. Ritamarie's personalized coaching plan to transform you from flabby, fogged, and fatigued into fit, focused, and fully charged with energy! This is your opportunity to work closely with Dr. Ritamarie and her certified Nutritional Endocrinology coaches to achieve the health of your dreams.

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