



INGREDIENTS

- 2 Cups Cooked Short-Grain Rice (enriched or whole grain rich; use warm rice for better binding)
- 2 Tablespoons Sesame Oil
- 1 Tablespoon Soy Sauce (or Tamari for gluten-free option)
- 1 Tablespoon Gochujang (adjust for spice level; can substitute with Sriracha)
- ½ Cup Chopped Kimchi
- 2 Tablespoons Sesame Seeds (optional for garnish)
- 2 Tablespoons Roasted Seaweed Flakes (substitute with crushed nori or furikake)
- 1 Teaspoon Garlic Powder or Fresh Garlic
- ¼ Cup Chopped Green Onions (optional)
- Salt (to taste)

DIRECTIONS

1. In a large mixing bowl, combine cooked short-grain rice, sesame oil, soy sauce, gochujang (or sriracha) and garlic powder. Mix thoroughly until well-coated.
2. Add kimchi, sesame seeds, roasted seaweed flakes, and chopped green onions (if using) to the rice mixture. Stir until evenly distributed.
3. Wet your hands to prevent sticking, then scoop out ⅛ of the rice mixture and shape it into a round ball. Repeat with the remaining mixture for a total of 8 rice balls.
4. Optionally, roll each rice ball in additional sesame seeds or sprinkle with seaweed flakes for garnish.
5. Enjoy the rice balls immediately or store in an airtight container in the refrigerator for up to 2 days.

MEAL PATTERN CONTRIBUTION



Grain

MEAL TYPE



Snack

YIELD

8 Rice Balls

PORTION SIZES

Toddler: 1 Rice Ball

Preschool: 1 Rice Ball

School Age: 2 Rice Balls

Adult: 2 Rice Balls