



Veggie Spring Rolls

SERVINGS: 8 ROLLS

PREPPING TIME: 30-40 MINS

COOKING TIME: 5 MINS

INGREDIENTS

Spring Rolls:

- 2 oz. brown rice noodles
- 1 tsp. toasted sesame oil
- 1 cup leafy green of choice
- 1 bell pepper, thinly sliced
- 1 cup thinly sliced red cabbage
- 2 medium carrots, cut into matchsticks
- 2 mini (Persian) cucumbers, thinly sliced
- 1/4 cup green onions, thinly sliced
- 1/4 cup cilantro, roughly chopped
- 1/4 cup fresh mint, chopped
- 8 sheets of rice paper

Peanut Dipping Sauce:

- 1/3 cup creamy peanut butter
- 2 tbsp. rice vinegar
- 2 tbsp. low sodium soy sauce
- 2 tbsp. honey
- 1 tbsp. toasted sesame oil
- 2 cloves garlic, minced
- 2-3 tbsp. water (to adjust consistency)

DIRECTIONS

1. Bring a pot of water to a boil and cook the rice noodles until al dente, following the package instructions. Drain, rinse under cool water, and return the noodles to the pot. Off the heat, toss the noodles with sesame oil and set aside.
2. Thinly slice the bell pepper, cucumber, and green onions. Cut the carrots into matchsticks. Shred the cabbage and chop the cilantro and mint.
3. Fill a shallow pan with about an inch of water. Submerge one rice paper wrapper in the water for about 20 seconds, or until pliable but not overly soft. Carefully lay it flat on a clean surface.
4. On the lower third of the wrapper, layer a few pieces of leafy greens, a small handful of rice noodles, some cabbage, and strips of carrot, cucumber, bell pepper, and herbs.
5. Fold the sides of the rice paper inwards and tightly roll it up, sealing the edge. Repeat with the remaining ingredients.
6. In a small bowl, whisk together the peanut butter, rice vinegar, soy sauce, honey, sesame oil, and minced garlic. Gradually add 2-3 tablespoons of water to achieve your desired consistency, whisking until smooth.
7. Cut each spring roll in half and serve with the peanut dipping sauce on the side.

NUTRITION

Serving size: 2 rolls

(per serving) 350.5 calories, 16.3g fat, 3g saturated fat, 0mg cholesterol, 356.8mg sodium, 47.4g carbohydrate, 5.2g fiber, 17.4g sugar, 8.7g protein