

Rock 'n' Spring Rolls

Use a rainbow of vegetables to make these tasty rolls pack a nutrient punch!

Serves 6



Nutrition Facts

Serving Size 2 Rolls

Amount Per Serving

Calories 550 Calories from Fat 250

	% Daily Value*
Total Fat 27g	42%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 690mg	29%
Total Carbohydrate 64g	21%
Dietary Fiber 11g	44%
Sugars 13g	

Protein 15g

Vitamin A 110% • Vitamin C 80%

Calcium 4% • Iron 10%

*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

Spring Rolls

- 12 rice paper wrappers
- 6 ounces Maifun brown rice noodles
- 12 lettuce or spinach leaves
- 1 cup fresh herbs (basil, mint, cilantro)
- 3 tablespoons hoisin sauce
- 1 lime, juiced
- 3 cups julienned seasonal vegetables (carrots, cucumber, peppers, kohlrabi etc)
- 2 avocados, finely chopped
- 1 cup mung bean sprouts, optional

Peanut Sauce

- $\frac{3}{4}$ cup peanut butter
- 3 tablespoons low sodium soy or tamari
- 2 tablespoons cider or rice vinegar
- 1 tablespoon garlic, minced
- 1 tablespoon fresh ginger, grated
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons brown sugar
- 1 $\frac{1}{2}$ cups hot water

Directions

1. Cook rice noodles according to package directions and rinse in cold water.
2. Add hoisin sauce and lime juice to noodles, gently mix and set aside.
3. Gently dip rice wrappers in warm water then spread on flat surface.
4. Lay lettuce leaf, $\frac{1}{4}$ cup noodles, 2 fresh herb leaves, $\frac{1}{4}$ cup julienned vegetables, 1 tablespoon avocado and mung bean sprouts (if using) in rice wrapper.
5. Fold in top and bottom and roll tightly.
6. Repeat with remaining rice wrappers.
7. For peanut sauce, mix all ingredients and blend well using whisk, blender, immersion blender or food processor.

