

Vegetarian Spring Rolls

Ingredients

2 oz brown rice noodles

~ 2 c Spinach

~ 1 c Purple cabbage, thinly sliced

1 Red pepper, thinly sliced

Jalapeno, optional

Green onion and cilantro, finally chopped and mix together

1 tsp toasted sesame oil

¼ tsp salt

8 rice paper sheets

Peanut Sauce

1/3 c creamy natural peanut butter

2 T rice vinegar

2 T low sodium soy sauce

2 T honey or maple syrup

1 T toasted sesame oil

2 cloves garlic, minced

Water as needed ~2-3 T

Instructions

- Prepare rice: bring a pot of water to boil and cook the noodles just until al dente, according to package directions. Drain, rinse them under cool water, and return them to the pot. Season the noodles with sesame oil and salt- set to the side.



COOKING FOR WELLNESS

- Take one rice paper and place in water and let it rest for about 10 seconds, until the sheet is pliable but not super floppy. Carefully lay it flat on the towel.
- Start with placing spinach, sliced cabbage/red pepper, along with small amount of green onion/cilantro blend and small amount of brown rice noodles.
- Tuck the lower edge up over the fillings, rolling upward just until the filling is compactly enclosed. Fold over the short sides like you would to make a burrito. Lastly, roll it up. Repeat with the remaining ingredients.

Peanut sauce: In a small bowl, whisk together the peanut butter, rice vinegar, tamari, honey, sesame oil, and garlic. Whisk in 2 to 3 tablespoons water, as needed to make a super creamy but dip-able sauce.

Nutrition Information: makes 8 spring rolls, 1 spring roll with sauce

177 calories, 13 g carb, 8 g fat, 3 g protein, 427 mg sodium

Adapted from Cookies + Kate: <https://cookieandkate.com/fresh-spring-rolls-recipe/#tasty-recipes-34271-jump-target>



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614.884.HOPE (4673)