



Spring Rolls

Ingredients:

For Spring Rolls:

2 large carrots, peeled, sliced ¼ inch
1 avocado, sliced
2 red peppers, sliced ¼ inch
2 cups fresh spinach
¼ cup fresh cilantro
8 rice papers
8 oz. firm tofu

For peanut sauce:

½ cup peanut butter
2 tablespoon soy sauce
2 tablespoons brown sugar
2 cloves garlic
1 tablespoon rice wine vinegar
½ cup water

Instructions:

1. Whisk peanut butter, soy sauce, brown sugar, garlic, rice wine vinegar and water in a small bowl.
2. Slice carrots into ¼" matchsticks.
3. Slice avocado thinly.
4. Slice tofu into long strips.
5. Add warm water to a plate and soak rice paper for about five seconds, until just soft.
6. Place rice paper on cutting board and fill with tofu and vegetables.
7. Wrap the rice paper into a roll.

Variations:

- Use other vegetables such as zucchini, tomatoes or bean sprouts
- Add chicken or shrimp
- Replace cilantro with mint for a different flavor!

Prep Time: 15 minutes

Cooking Time: 0 minutes

Equipment:

Cutting board
Chef's knife
Small bowl
Whisk
Plate or shallow bowl

Servings: 4

Serving Size: 2 spring rolls and 2 tablespoons peanut sauce



Nutrition Facts: 284 Calories, 16 g Fat, 5 g Saturated Fat, 26g Carbohydrates, 13 g Protein, 6g Fiber, 6 g Sugar, 947mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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Variations:

2-3 variations such as ingredient swops, additions, fun facts!

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