

Shefali's Scrumptious Spring Rolls

Rating: ★

Makes: 2 Servings

"My mom really loves noodles and she is always looking for different things to go with them," Shefali recalls. "So when we found the recipe for spring rolls, we decided to give it a try. They turned out better than we expected, and were very easy to make as well. The peanut sauce was also an experiment that went the right way. Now we have spring rolls with peanut sauce all the time for lunch and dinner. Sometimes we have noodles on the side, along with a glass of milk."

Ingredients

- 8 brown rice paper rounds
- 1 medium carrot, finely chopped
- 1 medium cucumber, finely diced
- 1/2 cup tofu, thinly sliced

For the Spring Rolls:

- 1 cup shredded lettuce
- 1 cup bean sprouts
- 9 fresh mint leaves

For the sauce:

- 1/4 cup peanut butter
- 1/2 fluid ounce hot water
- 1 teaspoon vinegar
- 1 teaspoon sugar
- 1 teaspoon reduced-sodium soy sauce

Directions

1. Fill a pie dish with warm water. Immerse 1 rice paper



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	335	
Total Fat	18 g	28%
Protein	17 g	
Carbohydrates	33 g	11%
Dietary Fiber	3 g	12%
Saturated Fat	3.5 g	18%
Sodium	552 mg	23%

MyPlate Food Groups

Vegetables	3/4 cup
Grains	1 1/2 ounces
Protein Foods	1 1/2 ounces

round in the water until pliable, about 15 seconds, then transfer to a cutting board.

2. Place some carrot, cucumber, tofu, lettuce, and bean sprouts in the center of the rice paper round. Each filling should amount to about 2 tablespoons. Add a mint leaf on top.

3. Fold the bottom of the wrapper over the filling then fold both sides into the center, and roll the wrapper up tightly to form a spring roll. Transfer the spring roll to a plate and keep covered with a damp paper towel

4. Repeat with the remaining rice paper rounds and filling.

For the sauce:

1. In a small bowl, whisk together the peanut butter, hot water, vinegar, sugar, and soy sauce. Add more hot water, if needed, to thin the sauce to the desired consistency.

2. Serve the sauce with the spring rolls.

Notes

State: Massachusetts

Child's Name: Shefali Singh, 12

Makes 2 to 4 servings

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook