



The Rolling Store Recipes

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Fruit and Veggie Spring Rolls with Peanut Dipping Sauce

Spring Rolls

- 12 spring roll wrappers
- 2 cups shredded carrots
- 1 bell pepper, sliced into strips
- 1 cucumber, peeled and sliced into strips
- 6 lettuce leaves
- 1 mango, peeled and sliced into strips OR a few slices of pineapple
- 1 package of vermicelli noodles (or other thin noodle)

Optional Add-ins

- ½ pound boiled and peeled shrimp
- 6 eggs, fried or cooked into a plain omelet, and cut into strips
- ½ pound cooked chicken, shredded or cut into strips
- 1 cup shredded cabbage
- 1 avocado, sliced into strips
- ½ cup cilantro leaves
- ½ cup basil leaves

Dipping Sauce

- 1/3 cup peanut butter*
- 3 Tbsp warm water
- 2 Tbsp reduced sodium soy sauce
- 1 Tbsp honey
- ½ Tbsp vinegar
- 1 tsp garlic powder
- ½ tsp ground ginger

*If you have a peanut allergy, try using almond butter or sunflower butter instead.

Dipping Sauce Directions

Mix all ingredients together. The sauce can be made up to one week ahead of time and stored in the refrigerator. Just let it come to room temperature (or microwave it for a few seconds) before eating.

Spring Rolls: Directions

1. Wash and prepare the fruits and veggies: cut the bell pepper and cucumber into strips, and tear each of the six lettuce leaves in half. Peel and slice the mango, or cut the pineapple into small pieces.
2. Prepare the vermicelli noodles according to the package instructions, and gather and prepare any additional filling ingredients.
3. Fill a large dish (a sheet pan or an 8"x8" casserole dish works well) with warm water. Place one spring roll wrapper into the warm water for a few seconds, then take it out of the water and place it on to a flat surface.
4. Place a lettuce leaf into the center of the wrapper, followed by a few pieces of each filling ingredient and a small handful of prepared vermicelli noodles. Make sure to leave at least two inches of wrapper uncovered on each side.
5. Fold the sides of the wrapper inward, followed by the bottom of the wrapper, and then roll it up, tucking the fillings inside.
6. Continue this process until all rolls are completed. Serve with the dipping sauce.