

Summer Rolls

Makes 10 Rolls

Avoid turning on your stove or oven - make fresh summer rolls for dinner instead! A fun alternative to a salad, rice paper wrapped “summer rolls” are a delicious way to eat a healthy serving of summer vegetables. Bring these colorful summer rolls with spicy peanut sauce to the table -- they will be eaten up in no time!

Ingredients:

1 package rice paper wrappers
2 cups fresh edamame, shelled
(or thawed frozen edamame)
1 red pepper, cut into matchsticks
3 green onions, sliced
2 carrots, spiralized
1 bunch cilantro leaves
1 avocado, thinly sliced
1/4 red cabbage, thinly sliced

Spicy Peanut Sauce:

1/2 cup fresh peanut butter
1 tablespoon chili garlic sauce
1 tablespoon soy sauce
3 teaspoon rice wine vinegar
1 teaspoon sesame oil
1 lime, juiced
1 clove garlic, finely minced, or crushed
1 tsp ginger, finely minced, or grated

Directions:

1. Prepare all of the vegetables and stage in individual prep bowls.
2. Whisk together all of the sauce ingredients, thinning with water, as needed.
3. Singly, submerge the rice wrappers in water for 15-20 seconds each, then artfully fill with the vegetables. Fill the bottom 1/3 of the wrapper with veggies, leaving a generous margin to each side. Roll once half-way covering veggies. Place additional vegetables in the top 1/3 taking care to artfully place so that a beautiful pattern may be seen on the top 1/3 of the wrap. Fold over both sides on wrap. Finish the rolling motion until the wrap is fully rolled and sealed.
4. Slightly moisten a serving plate, and place the rolls on the plate in a single layer (not touching). Refrigerate for a short time or enjoy them immediately. (They will not keep moist for very long, so enjoy them soon!
5. Serve the rolls whole or cut in half with a personal serving of sauce on the side.