

Vietnamese Spring Rolls

Appetizers/Lunch



THE OHIO STATE
UNIVERSITY
WEXNER MEDICAL CENTER

Makes ~ 8 rolls; 2 rolls per serving

Items Needed: cutting board, knife, 2 bowls (one for dressing, the other for softening rice paper.) whisk,

Ingredients:

- 8 rice paper rounds (we are using brown rice paper)
- ½ pepper (red, orange, yellow or green.)
- ½ large carrot or a handful of baby carrots
- ½ large cucumber
- 1 head bibb lettuce or crunchy leaf lettuce
- ½ avocado, sliced
- Handful of fresh cilantro
- Shrimp (optional)
- Tofu (optional)

Dressing:

- 2 Tbsp of creamy peanut butter
- 1 Tbsp of soy sauce
- 1 clove of garlic (minced)
- 1 Tbsp of warm water
- ½ Tbsp of Lime Juice
- Salt and Pepper to taste.
- Red pepper flakes or sriracha (optional)

Directions:

1. Slice veggies into strips and set aside. Cook shrimp or tofu, whichever you would prefer.
2. Fill medium-large bowl with warm water to soften the rice paper.
3. One at a time, soften the rice paper, layer in veggies, top with lettuce, cilantro and your protein choice. Wrap like a little burrito. (If you can't get the ends to fold in, it is perfectly fine to have them be open on the ends.)
4. Add all ingredients into the bowl and let the warm water soften the peanut butter. Whisk together and adjust seasonings to your liking.

Nutrition Information (per ¼ recipe):

Calories: 170 Fat: 7 g Carbs: 21 g Protein: 6 g Fiber: 3 g Sodium: 290mg