

Veggie Spring Rolls

Ingredients

Spring Rolls

- 1 medium beet, peeled
- 1 radish, peeled
- 8 rice paper wrappers
- 1 firm ripe avocado, thinly sliced
- 2 cups grated carrot
- 2 cups finely chopped red cabbage
- 8 large fresh basil leaves
- 8 large fresh mint leaves

Peanut Sauce

- 1/4 cup smooth natural peanut butter
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons water
- 1 1/2 teaspoons rice vinegar
- 1 1/2 teaspoons pure maple syrup
- 1/2 teaspoon minced garlic
- 1/8 teaspoon crushed red pepper (optional)

Directions

Whisk sauce ingredients in small bowl until smooth. Set aside. To prepare spring rolls:

1. Thinly slice beet and radish and cut each slice in half.
2. Soak one wrapper at a time in a shallow dish of very hot water until softened, about 30 seconds. Lift out, let excess water drip off and lay on a clean, dry cutting board.
3. Arrange 2 beet slices, 2 avocado slices, 2 radish slices in center of wrapper. Top with 1/4 cup carrot, 1/4 cup cabbage, 1 basil leaf, and 1 mint leaf. Fold the wrapper over the filling and roll into a tight cylinder, folding in the sides as you go. Repeat with the remaining wrappers and filling. Cut each finished roll in half. Serve the rolls with the dipping sauce.

Take your time making these vegan beauties with friends.



Recipe adapted from <http://www.eatingwell.com/recipe/257047/veggie-spring-rolls/>

Get more recipes at uhs.berkeley.edu/studentnutrition