

# Making it delicious

## Fresh Spring Rolls

### Ingredients

- 16 Rice paper wrappers
- 16 Butter lettuce leaves
- Fresh mint, basil, or cilantro
- Veggies, cut in thin sticks:  
*Cucumbers, bell peppers, zucchini, summer squash, carrots, radishes, etc.*
- Protein (tofu, shrimp, meat)
- Vermicelli noodles (optional)

#### Dipping sauce:

- 1/4 c. peanut butter or SunButter
- 1/4 c. lime juice
- 2 Tbsp. soy sauce
- 2 Tbsp. honey
- 1 tsp. minced garlic (2 small cloves)
- 1-2 tsp. sesame oil (optional)



### Instructions

- Clear a clean surface for making the rolls.
- Fill a large plate with water and set it next to where you will make the rolls.
- Get all your fillings prepared and set out.
- To begin, select a rice paper sheet and dip it in the water, rotating it for about 15 seconds to thoroughly wet the entire surface, top and bottom.
- Lay the wet sheet flat on your work surface. It's ok if it's still a little stiff - it will soften.
- In the middle of the sheet, just above the center, lay three mint or basil leaves, or a couple small cilantro sprigs. Lay some of the protein you're using on top of the herbs.
- Fill a lettuce leaf with 1/4 cup of veggies and some noodles, and wrap into a small bundle.
- Place the bundle just below the center, below the herbs and protein.
- Fold the left and right sides of the wrapper over the filling, then fold the bottom edge up over the lettuce bundle and continue rolling up until closed and snug.
- Continue with the remaining ingredients.
- Serve with dipping sauce.

*Recipe adapted from [www.thekitchn.com](http://www.thekitchn.com) "How to Make Summer Rolls" & [www.sunbutter.com](http://www.sunbutter.com)*

**SERVINGS: 4 | PREP TIME: 20 MIN**