



## Tofu Veggie Spring Rolls

SERVES: Hearty tasting portion for 6

Pillar(s) of Nutrition: Eat the Rainbow, Lean on Protein

### Ingredients

#### Spring rolls and filling

- ½ lb. extra firm **tofu**, sliced in thin, 2" matchsticks
- 1 **cucumber**
- 1 **carrot**
- 15-20 **mint leaves**
- 1 small head **lettuce**, such as butter, little gem or green leaf, washed and dried
- 6 **sugar snap peas**
- 6 spring roll **rice papers**

#### Dipping sauce

- 3 tablespoons unseasoned **rice vinegar**
- 2 tablespoons **water**
- 2 teaspoons **honey**
- 1 tablespoon **soy sauce**
- 1 clove **garlic**, minced OR 1 teaspoon **garlic powder**
- 1 inch knob of **ginger**, grated
- juice of 1 **lime**
- 1 teaspoon **chili sauce**, or to taste

### Substitution and variations

- Add cooked rice vermicelli noodles
- Use basil or cilantro in place of the mint, or any combo of these herbs
- Use other types of protein such as cooked shrimp or pork
- Try other crunchy veggies like jicama or bell pepper
- Try a pinch of crushed red pepper flakes in the dipping sauce for zip

### Something to Chew On

- What country consumes the most fresh spring rolls?
- What other fillings would you like in spring rolls?

### Spring Rolls:

1. Pat the **tofu** strips with paper towels if necessary.
2. Prepare the vegetables: Cut the **cucumber** in half lengthwise, scoop the seeds then cut into 2 inch matchsticks.. Cut the **carrot** in 2 inch matchsticks. Pull the **lettuce** leaves apart and make a pile of 2 inch leaves or pieces. Cut the **sugar snaps** into thin strips lengthwise of about 2 inches. Put all the filling items into small piles so you are ready to go!
3. Using a large plate, wet a round **spring roll paper** until completely covered in water. Wait 1-2 minutes, until you can no longer see the textured pattern and it is see-through.
4. Put **spring roll paper** on a clean, dry plate or cutting board. Lay down a small **lettuce** leaf then stack small amounts of the **tofu** and veggies in the middle of the round paper, all facing lengthwise in the same direction. The pile of veggie / **tofu** fillings should make a rectangle shape, with a long side and a short side.
5. Take 2 opposite edges of the **spring roll paper** closest to the short side of the vegetable **tofu** filling and fold inwards.
6. Lift the edge of the **spring roll paper** closest to you and wrap over all fillings, rolling it away from you until you meet the opposite end.
7. To serve, cut each spring roll in half and place on a plate with a small puddle of dipping sauce.

### Dipping Sauce

1. Mix all ingredients together in a small bowl. Taste the sauce and adjust the sweet, salty, sour elements to your liking. Set aside.



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Notes for teachers only

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