



Spring Rolls with Peanut Sauce

Nutrition for 1/8 recipe:

165 cal, 9g fat, 7g protein, 14g carbs, 197mg sodium

Spring roll:

- ½ cup butter lettuce
- ½ cup red cabbage, thinly sliced
- ½ cup carrots, shredded
- 1-2 Persian cucumbers, thinly sliced
- 2 green onions, thinly sliced
- ¼ cup fresh cilantro, chopped
- ¼ cup fresh mint, chopped
- 12oz package extra firm tofu, pressed
- 8 sheets rice paper (spring roll wrappers)

Peanut Sauce:

- ⅓ cup creamy peanut butter
- 2 cloves garlic, minced
- 2 Tbsp rice vinegar
- 2 Tbsp reduced-sodium soy sauce
- 2 Tbsp maple syrup
- 1 Tbsp toasted sesame oil
- 2 Tbsp warm water, as needed
- ½ lime, juiced (~1 Tbsp)

Directions:

1. Cut pressed tofu into 8 even rectangles.
2. Make the peanut sauce by whisking (or blending) all ingredients together. Add more water for a thinner sauce.
3. To assemble the spring rolls, start by placing all prepared fillings within reach. Lay a tea towel down in front of you. This is where you will prepare the spring rolls.
4. Fill a pie pan or dinner plate with warm to hot water. Place one rice paper in the water and allow it to rest for 15-20 seconds. When rice paper is pliable, carefully remove from water and lay flat on tea towel.
5. To the center of the rice paper, gently place a small amount of carrots, cabbage, cucumber and green onion. Sprinkle generously with cilantro and mint. Add one slice of tofu. Top with butter lettuce. Fold the leftmost side over the fillings, then the top edge, then the right edge over the fillings. Lastly, pull the bottom edge of the rice paper over the spring roll to tightly enclose all the fillings.
6. Repeat this process with remaining ingredients.
7. Serve spring rolls with peanut sauce on the side. Enjoy!



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