

Farm Fresh Spring Rolls

Ingredients

Rice paper

Filling ideas: Greens, shredded carrots, matchstick slices of cucumber and peppers, radish slices, strawberry or tomato slices, mushrooms, shredded lettuce, peanuts, bean sprouts, green onions, cilantro, basil, mint

Mix and match and make sure you have at least one of each vegetable plant part (Root, Stem, Leaf, Flower, Fruit, Seed!) in your veggie rolls!



Method

1. Soak the rice paper one sheet at a time in warm water to soften.
2. Shake off excess water and lay flat.
3. Fill with ingredients 2 inches from the edge of the rice paper closest to you. Fold the left and right sides of the paper in 1 inch, just to cover the inside ingredients.
4. Then, starting with the side closest to you, continue to roll away from you. Dip your finger into warm water to add a little bit at the end of the roll, then roll up the rest of the way. The water helps to seal the roll.
5. Make your favorite sauce for dipping and enjoy!

