

Fresh Asian Spring Rolls

This recipe is a wonderful alternative to get healthy eating started at your home without salads! It's a recipe that you can do with the kids if they're interested in cooking too. The ingredients don't need to be measured exactly, so go with the flow and create a meal all your own. Jot down what you use so next time you can recreate it.

INGREDIENTS

- 1 package round Vietnamese rice paper noodles (can be found in many grocery stores) about 8–9 inches in diameter
- 5–6 ounces (a small bag) of mixed baby lettuce (preferably spicy mix)
- julienned or shredded cucumber
- julienned or shredded carrot
- chopped scallions
- 1 bunch fresh mint
- 1 bunch fresh basil



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DIRECTIONS

Have ready a bowl of warm water and a clean kitchen towel.

Dip one of the rice paper noodles into the water very quickly. Let the water drip off the rice paper, and then place it on a plate.

To avoid too much water — which could make the rice paper soggy — use the kitchen towel or paper towel to remove any excess water.

Choose veggies for the roll - make sure to add small amounts or they will be difficult to roll - and line up filling in the center of the rice paper.

Pick up that end of the rice paper closest to you, fold it over the vegetables, then fold over each side, then start rolling (away from you), slightly pressing as you roll so that your roll will be tight when it's finished.

Cut each roll in half.

Offer peanut sauce or duck sauce for dipping.

Bottled peanut sauce may be a bit spicy for some so to calm it down a bit, mix 1 bottle of Thai Peanut Sauce with ¼ cup peanut butter, and 2 tablespoons of local honey.

Market Shopping List

- Lettuce - Apis Verdi, Blueberry Hill Organics, Colgan, CT Valley, Oxen Hill
- Cucumbers - Apis Verdi, Blueberry Hill Organics, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Carrots - Apis Verdi, Colgan, Oxen Hill
- Scallions - Apis Verdi, Blueberry Hill Organics, Colgan, CT Valley, Easy Pickin', Wayne's Organic
- Mint & basil - Easy Pickin'
- Peanut sauce - Zola Cuisine (CFM guest vendor)
- Honey - Stonewall Apiary
- Rice paper wraps - Grocery store or Asian market



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