

Spring Rolls

Makes about 10 rolls

1/2 medium zucchini squash
1/2 small bell pepper
1 medium carrot
1/4 (about 3.5 oz) brick extra firm tofu
Other ingredients as desired**
10 spring roll rice paper wrappers
2 cups hot water
1 cup cooked thin rice noodles



Cut all vegetables into 3-4" matchsticks and arrange on a plate with herbs and noodles. Pour the hot water in a wide shallow bowl or pan. Submerge the rice wrapper in the water for 10-15 seconds until it is quite soft, remove and lay on a flat surface. Place about 1/3 cups worth of desired ingredients about two inches from the six o' clock position. Fold the bottom over the filling. Then fold the two side towards the center. Roll towards the top ensuring the filling is tightly packed in the wrapper. Serve with dipping sauce.

Nutrition information per serving (~ 3 rolls): 180 calories, 2g fat, 7g protein, 60mg sodium, 1g dietary fiber. Excellent source of vitamins A and C.

**try with bean sprouts, shredded cabbage, shredded sweet potato, cilantro, basil, cooked chicken or shrimp

