



Rainbow Spring Rolls



Ingredients



Adapted from *eatfresh.org*

Spring Rolls

- 1/4 red cabbage, thinly sliced
- 1/2 mango, thinly sliced
- 1/2 cucumber, thinly sliced
- 1 large carrot, cut into matchsticks
- 1 large bunch fresh mint leaves
- 1 large bunch fresh basil
- 8-10 rice spring roll papers

Peanut Sauce

- 1/4 cup peanut butter
- 2 Tablespoons soy sauce
- 1/2 cup water
- 1 dash of sriracha (optional)



Directions



Yield: 8 rolls **Serving size:** 2 rolls

1. Prep the vegetables and set aside.
2. Add hot water to a large skillet and submerge one rice paper at a time to soften for about 8-10 seconds.
3. Once pliable, transfer to a flat surface, and gently smooth out into a circle.
4. Add the cabbage, mango, cucumber, carrots, cilantro, mint, and then basil to create a rainbow of colors.
5. Fold bottom over the filling, then gently roll over once and fold in the side to seal, then roll until completely sealed.
6. In a small bowl, whisk the peanut butter, 1/4-1/2 cup water, soy sauce, and sriracha. Add water until you achieve the desired consistency. Salt to taste.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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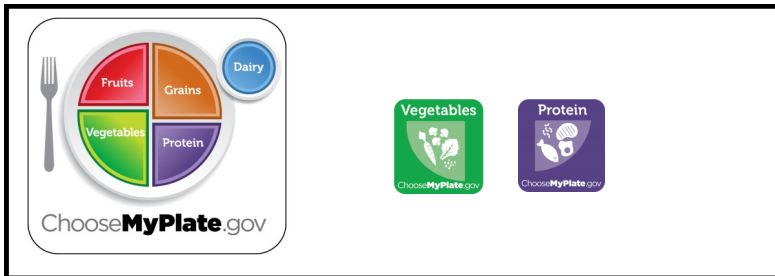
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Fast Facts



Featured Food Groups



Cooking Tips



- Have other veggies you would like to try? Slice them into matchsticks and add them in?
- Like some more spice? You can also add in some red pepper flakes.

Nutrition Facts

Serving Size 2.00 piece

Serving Per Container 4

Amount Per Serving

Calories 133

% Daily Value*

Total Fat 3.5 g 4%

Saturated Fat <1 g 3%

Sodium 574 mg 25%

Total Carbohydrate 23 g 8%

Dietary Fiber 2 g 7%

Protein 2.8 g

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your
calorie needs:

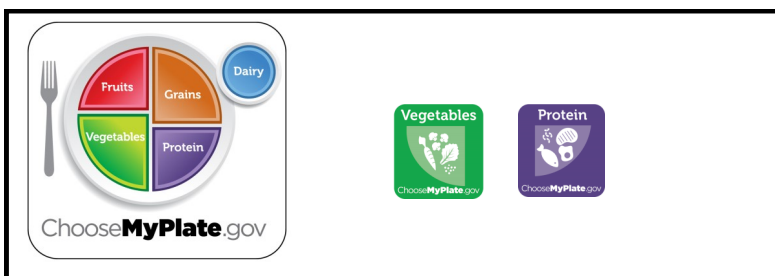
Second Harvest is an equal opportunity provider.



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