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# Summer Spring Rolls



## Ingredients

2 large carrots, julienned
2 -3 julienned green onions
1/3 cup thinly sliced purple cabbage
1 tablespoon olive oil
1/4 cup minced fresh cilantro (or to taste)
1/4 teaspoon fresh ground pepper
1 pinch sea salt
16 rice paper, rounds softened (8-inch)
1/8 cup bean sprouts
Sauce
1 tablespoon reduced sodium soy sauce
1 teaspoon dark sesame oil or 1/4 cup soy sauce
2 tablespoons rice vinegar
1 tablespoon peanut oil
1/2 teaspoon hot sesame oil
1/2 teaspoon minced garlic (2 cloves)
1 pinch sugar

## Preparation

1. In a large bowl, combine the carrots, bean sprouts, purple cabbage, olive oil, cilantro, salt and pepper: Toss well. Let marinate at room temp for 10 minutes, stirring frequently.
2. Place about 2 tablespoons of the vegetable mixture about 1-inch from the lower edge of each rice paper round. Sprinkle with basil/mint leaves.
3. Fold the bottom edge over the filling
4. fold in both sides and roll up tightly. Press to seal.
5. Place on a plate seam side down
6. cover with plastic wrap. Refrigerate for 10 minutes.
7. In a small bowl, combine the soy sauce and sesame oil.
8. In a separate bowl, combine the soy sauce, rice vinegar, peanut oil, hot sesame oil, garlic and sugar. Serve as a dipping sauce with the spring rolls.

9 NOTE: To soften the rice-paper rounds before rolling them, fill a large bowl with warm water. Dip each rice-paper round into the water for 10 seconds, or until softened and translucent. Remove and let drain on a clean dish towel. Do not stack the rice papers

10 they will stick together.

11 NOTE: Add cooked shrimps.

## Cooks Note