

Rainbow Vegetable Spring Rolls

Servings: 10

Ingredients:

- 1 medium red bell pepper
- 1 medium yellow bell pepper
- 1 large carrot
- 1/4 small head purple cabbage
- 1 medium avocado
- 1 cup microgreens or sprouts (nutrition facts based on arugula)
- 1 1/2 tablespoons rice vinegar
- 1 teaspoon sugar
- 1 teaspoon sesame oil
- 1/4 cup mayonnaise
- 1/2 to 1 teaspoon Sriracha or other hot sauce (use amount that suits your taste- nutrition facts based on 1/2 tsp)
- 10 large rice paper wrappers

Directions:

1. Trim the bumpy tops and bottoms from the bell peppers, remove the seeds from the inside, and then slice the peppers lengthwise as thin as possible.
2. Peel the carrot, then cut it into very thin matchsticks (or shred on a box grater).
3. Slice the wedge of purple cabbage into thin shredded pieces.
4. Cut the avocado in half, remove the pit, and then slice it (still in the peel) into very thin slices; use a soup spoon to scoop the slices from the peel.

*Note: All the vegetables, except for the avocado, can be prepped several days ahead and kept refrigerated.

Prepare the sauces:

5. Whisk together the rice vinegar, sugar, and sesame oil in a small ramekin.
6. In another dish, whisk together the mayonnaise with a little Sriracha; taste and add more hot sauce if needed.

Assemble the spring rolls.

7. Fill a pie pan or other shallow dish with very warm water. Submerge one of the spring roll wrappers in the warm water until softened but still slightly stiff, 15 to 25 seconds. (If

you wait until it is entirely softened, it's more likely to tear when you assemble the rolls.)

8. Lay the softened wrapper on your work surface. Quickly lay a few pieces of red bell pepper, yellow bell pepper, carrot, and cabbage in the lower-middle of the wrapper. Lay a few pieces of avocado beneath the veggies and lay a small pile of microgreens on top. Sprinkle a spoonful of the rice vinegar dressing over the vegetables.
9. Fold the sides of the wrapper over the filling, then roll it up, starting at the bottom. Repeat with filling and rolling the remaining spring rolls.
10. Serve right away with the Sriracha-mayo dipping sauce.

*You can also wrap the spring rolls individually in plastic wrap and eat them within a few hours; the plastic wrap helps keep them from becoming soggy or sticking to each other.

*Note: Substitute any other favorite raw vegetables for those in this recipe.

Nutrition Information based on 1 serving:

Calories: 138.5	Total Fat: 62 g	Total Carbohydrate: 18 g	Dietary Fiber: 2.3 g
Protein: 2 g	Sodium: 109 mg	Calcium: 21 mg	Iron: 0.5 mg