

# Vegetable Hand Roll

## Ingredients:

- 14 ounces extra firm tofu
- 2 ounces Chinese style noodles
- 8 rice paper wrappers
- 1 medium carrot, julienned
- 1 cucumber, julienned
- 1/3 cup cilantro, chopped
- 12 lettuce leaves
- 2 tbsp. soy sauce
- 2 tbsp. rice vinegar
- 1 1/4 sesame oil
- 1 tsp. hoisin sauce
- 1/2 tsp. Serrano chile peppers, chopped
- 2 3/4 tsp. roasted peanuts



## Nutrition Facts

Serving Size 2 Vegetable hand rolls (229g)  
Servings Per Container 4

### Amount Per Serving

**Calories 240**      Calories from Fat 70

% Daily Value\*

**Total Fat 8g**      **12%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 350mg**      **15%**

**Total Carbohydrate 28g**      **9%**

Dietary Fiber 3g      **12%**

Sugars 3g

**Protein 14g**

Vitamin A 70%      •      Vitamin C 6%

Calcium 20%      •      Iron 15%

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

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



## Directions:

1. Crumble Tofu. Julienne carrots and cucumber. Chop cilantro, lettuce and peanuts.
2. Fill a shallow bowl with hot, but not boiling water. Soak noodles in water until soft. Drain and set aside.
3. Soften spring roll wrappers with warm water.
4. Combine, vegetables, tofu, cilantro, soy sauce, rice vinegar, sesame oil, hoisin sauce, chili peppers and peanuts. Toss gently.
5. Distribute filling among wrappers evenly. Fold the long edge of the wrapper over ingredients. Then fold in ends and continue rolling wrapper lengthwise. Place seam side down on a plate. Repeat with remaining wrappers.