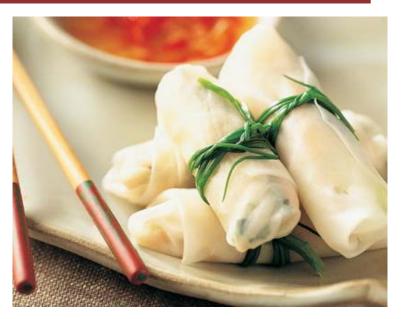


## Vegetable Hand Roll

## **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 leafs
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 <sup>3</sup>/<sub>4</sub> tsp. roasted peanuts

Nutri Serving Size (229g) Servings Per	2 Vegeta	ble hanc	
Amount Per Ser	ving		
Calories 240	) Calo	ories fron	n Fat 70
		% Da	ily Value*
Total Fat <sup>8</sup> g			<b>12</b> %
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 (	6%
Calcium 20%	, •	ron 15%	
*Percent Daily Va diet. Your daily va depending on you	alues may be	e higher or l	000 calorie ower 2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran	n:	65g 20g 300mg 2,400mg 300g 25g 25g	80g 25g 300mg 2,400mg 375g 30g





## **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.
- 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.