

Lenten Recipe of the Week

Vegetable Spring Rolls (Vietnam)

Fresh herbs and vegetables rolled in thin rice paper wrappers.
The garlic and wine vinegar dipping sauce is the perfect topping for this tangy and tasty meal.



Ingredients:

Sauce

- ¼ cup water
- 1 tsp corn starch
- 2 Tbsp rice wine vinegar
- 2 cloves garlic, minced and crushed
- 2 Tbsp sugar

Spring Rolls

- 1 cup cooked thin rice noodles
- ½ cup bean sprouts
- 1/3 head of green cabbage, chopped
- 5 green onions, chopped
- ¼ cup carrots, grated or julienned
- ¼ cup fresh herbs (cilantro, basil or mint)
- 1 package rice paper wrappers

Directions:

- Combine all sauce ingredients in small saucepan and simmer for 3-5 minutes, stirring until sugar dissolves and mixture begins to thicken.
- Cool before serving.
- Cook rice noodles as described on package.
- Lightly steam cabbage, green onions, and carrots until slightly tender.
- Toss noodles, vegetables, and herbs in large bowl.
- Quickly submerge a rice paper wrapper in warm water and lay on a smooth surface.
- Place about 2 tablespoons of mix on each wrapper and fold wrapper into shape.

Makes 6-8 Servings