



QUINOA SPRING ROLLS

QUICK INFORMATION

TIME

30 MINS

SERVES

5

CALORIES

360

GLUTEN FREE

RECIPE

VEGETARIAN

RECIPE

INGREDIENTS

- 1 cup of Lundberg Organic Antique White Quinoa
- Juice of 1 lime
- 1 ½ tablespoon tamari
- 10 disks of rice paper or spring roll papers
- 1 small head of red leaf lettuce, washed, and separated into whole leaves
- 1 English cucumber, julienned
- 1 large carrot, julienned
- 1 red bell pepper, julienned
- 10 sprigs of fresh cilantro
- 20 sprigs of fresh mint
- 7oz of baked tofu, cut into thin slices
- Sauce:
 - 2 tablespoons of chili garlic sauce
 - 4 tablespoons of honey
 - 1 tablespoon of rice vinegar
 - ¼ teaspoon of salt

NUTRITIONAL FACTS

Serving Size: 1/5 recipe (315g)

AMOUNT PER SERVING

Calories 360 Calories from Fat 40

Total Fat 4.5g

Saturated Fat .5g

Trans Fat 0g

Cholesterol 0mg

Sodium 690mg

Total Carbohydrate 67g

Dietary Fiber 10g

Sugars 22g

Protein 16g

PREPARATION

Cook quinoa according to package direction. While quinoa cooks, combine the lime juice and tamari in a large bowl. Set aside until quinoa is ready.

Julienne the cucumber, carrot and pepper. Prepare the lettuce. Remove herbs from steam. Cut tofu into piece.

Combine all sauce ingredients and mix well. Set aside.

Once quinoa is cooked toss in the tamari mixture until well combined.

To assemble spring rolls, pour very hot water into a shallow dish or skillet and immerse rice paper to soften for about 10-15 seconds.

Carefully remove rice paper from water and flatten on a damp cutting board.

To the middle of the wrapper add a generous spoonful of quinoa, and layer of lettuce, carrots, bell peppers, cucumber, tofu and fresh herbs on top.

Gently pull the bottom of the wrapper up toward the center, then tuck in edges, and continue rolling until seam is sealed, like folding a burrito.

Place seam-side down on a serving platter and cover with damp warm towel to keep fresh. Repeat until all fillings are used up - about 10 spring rolls total.

Serve spring rolls with sauce.

Enjoy!