



Tofu Summer Rolls

These rolls are perfect for summer, or any time of the year!

Ingredients

Servings 4

6 ounces of smoked tofu,
sliced into strips

1/2 cup of julienned
carrots

1 red bell pepper,
julienned

1 tablespoon of fresh
mint leaves

8 rice paper wrappers or
collard greens

1/4 cup of creamy sesame
dressing or sesame butter

1/4 bulb of kohlrabi (or
substitute turnip for this
vegetable)

1/4 head of green leaf
lettuce



Directions

1. Soften the rice paper wrappers. Submerge each wrapper in warm water for about 30 to 60 seconds until pliable. Place the softened wrapper on a plate or chopping board, and gently blot any excess water with a clean towel or paper towel.

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Directions

2. On the lower third of the rice paper wrapper, arrange a portion of the smoked tofu and the prepared julienned vegetables. Fold in the short sides of the wrapper, then fold up the lower edge to cover the filling, creating a burrito-like shape. Roll up the wrapper tightly. Repeat this process for the remaining wrappers and filling.
3. To serve, offer the prepared summer rolls with the creamy sesame dressing or thinned sesame butter for dipping.

Notes

- Substitute with a protein option that suits your specific needs, such as grilled chicken or cooked shrimp.
- Dipping sauce: For a sesame allergy, opt for a different dipping sauce such as thinned-out alternative butters, like those made from sunflower seeds, soybeans or peas.

Nutrition facts:

- Calories - 214
- Protein - 4g
- Carbs - 25g
- Fiber - 4g
- Calcium - 50mg
- Iron - 2mg