

# Salad Rolls

One of my favorite ways to "Eat My Veggies!" These salad rolls are refreshing, light and very filling with a sweet and tangy sauce.

Prep:  
**10 minutes**

Cook:  
**0 minutes**

Ready In:  
**10 minutes**

Servings:  
**1**



## Salad Rolls

2-3 cups lettuce, chopped  
2 carrots, shredded  
1/2 cucumber, thinly sliced  
1/2 cup fresh mint, thai basil or cilantro  
1 block tofu, pressed/drained & cut into 8 slices  
4 sheets of rice paper

## Sauce

2 tbsp soy sauce  
1/2 lime, juiced  
1 garlic clove, minced  
2 tbsp maple syrup  
1 tbsp peanuts\*, finely chopped  
1 tbsp rice vinegar

## Instructions

- 1** With this recipe you can either eat the tofu as is, or you can cook it in a pan with a little soy sauce and garlic powder for about 5 minutes on each side. If you choose to cook the tofu, let it cool before making the wraps.
- 2** In a small bowl combine all of your sauce ingredients and mix thoroughly. You can add in a little sriracha or cayenne pepper if you like it spicy. A tsp of sesame oil also gives it a nice flavor. \*If you are allergic to peanuts, replace them with toasted sesame seeds or finely chopped almonds.
- 3** Set out all of your wrap ingredients and run a sheet of rice paper under warm water getting both sides wet. Place it on a cutting board and fill with lettuce, herbs, carrot, cucumber and tofu. Feel free to add any other veggies you like. Wrap one side over the veggies, then tuck in the sides and roll. The key with these is to not let them get super flimsy. They only need to sit for 30 seconds or so before you start wrapping them. If they sit too long after getting wet they will get very soft and rip.
- 4** Keep rolling the wraps until all of your ingredients are used up. Cut them in half and place them in a serving dish with the sauce. Top with toasted sesame seeds if you wish and enjoy. I recommend eating these right away. If the wraps get cold they tend to harden up and are not as enjoyable.