

Veggie Spring Rolls

Ingredients:

1 package rice paper wrappers
1 cup shredded cabbage
1 cup sliced mushrooms
1/2 onion sliced thin
1/4 colorful bell peppers sliced thin
2 grated baby carrots (or more) (optional)
1 cup any additional veggies (broccoli, cauliflower, green beans, etc)
stir fry veggies in a little olive oil until desired tenderness (raw veggies sliced thin are also wonderful too)
1 tablespoon organic gluten free soy (optional)
garlic powder
onion powder
cayenne powder
1 teaspoon minced garlic
splash of olive oil or
coconut oil to stir fry veggies



Directions:

Stir fry your favorite veggies in olive oil or coconut oil in your seasonings of choice until tender. Fill a large shallow pan with hot tap water. Take one rice paper round and submerge it in the hot water for 20 sec. or until it is pliable. Transfer to dish towel or wax paper on your counter top or a tray. Working quickly, take approximately 1/4 cup of cooked veggies and place in the center of the round rice paper. Fold the bottom up over the filling. Fold the top down over the filling. Fold the sides in, and roll to the end. Place seam side down on a plate, cover with a damp cloth, and continue until you have made as many spring rolls as you wish. Serve with dipping sauce (tahini miso dressing with sriracha sauce or kimchi)
I like to stir fry my veggies in advance for the week or use any veggies you already have cooked and make 1 or 2 rolls for each meal. Super Easy!