



## *Elegant Asian Vegetable Rolls*

Yield: Makes 4 servings

Active Time: 50 min

Total Time: 1 hr

### **Ingredients**

#### **For peanut sauce:**

1 green onion, chopped  
1 Tbs chili garlic sauce  
2 Tbs peanut butter  
1 Tbs Hoisin sauce  
1 Tbs fish sauce  
1 Tbs rice vinegar  
1 tsp low sodium soy sauce  
1/4 tsp cilantro paste  
1/4 cup chicken or vegetable broth, low sodium and low fat  
1/4 tsp dried, hot, red pepper flakes  
2 Tbs water

#### **For summer rolls:**

2 Tbs olive oil  
1/4 red bell pepper, 1/4 inch slices  
1/4 orange bell pepper, 1/4 inch slices  
1/4 large, sweet onion, 1/4 inch slices  
1 cup fresh spinach leaves  
1 large garlic clove, thinly sliced  
Lightly salt and pepper

Firm tofu, light (optional), cut into bite size chunks  
1 Tbs chili garlic sauce  
1 tsp low sodium soy sauce  
1 Tbs chicken or vegetable broth, low sodium and low fat  
1 Tbs olive oil

1 ounce bean thread noodles (cellophane noodles)  
1/2 cup cole slaw salad mix  
1 1/2 tablespoon seasoned rice vinegar

4 (8-inch) rice-paper rounds, plus additional in case some tear  
2 red-leaf lettuce leaves, ribs cut out and discarded and leaves halved  
4 to 6 fresh basil leaves (preferably Thai)  
1/2 cup bean sprouts  
1 small cucumber, cut into strips

# *The Art of Cuisine*

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## **Preparation**

### **Make sauce:**

Whisk in all above sauce ingredients over medium heat, stirring constantly, about 2 minutes, then cool.

### **Make summer rolls:**

Cover noodles with boiling-hot water and soak 15 minutes, then drain well in a sieve. Pat dry between paper towels and toss with cole slaw salad cabbage mix and vinegar, then salt and pepper to taste.

Meanwhile, in a medium skillet, sauté the oil, bell peppers, and onions for 1 minute, then add the spinach, garlic, and lightly salt and pepper to taste.

### **Tofu:**

In a bowl, add chili garlic sauce, low sodium soy sauce, and broth mix with tofu, covering evenly. Then, in same pan, add oil and tofu mixture. Cook over medium high heat for 2 minutes or until lightly browned.

Put a double thickness of paper towel on a work surface and fill a shallow baking pan with warm water. Soak 1 rice-paper round (make sure there are no holes) in warm water until pliable, 30 seconds to 1 minute, then transfer to paper towels.

On a paper towel, arrange 1 piece of lettuce on bottom half of soaked rice paper, folding or tearing to fit and leaving a 1-inch border along edge. Spread one fourth of peanut sauce over lettuce and top with one fourth each of basil, spinach, bell peppers, onions, bean sprouts, cabbage, and noodles. Roll up rice paper tightly around filling, then fold in sides and continue rolling. Transfer summer roll to a plate and cover with dampened paper towels.

Make 3 more rolls in same manner. Serve rolls halved on the diagonal.

### **Chef's note:**

Summer rolls may be made 6 hours ahead, wrapped in dampened paper towels in a sealed plastic bag and chilled. Bring rolls to room temperature before halving and serving.

Written By: Chef Linda Galyean