



# ROLLING INTO SPRING

Eating a diet high in raw fruits and vegetables provides you a lot of essential nutrients with relatively low calories.

## INGREDIENTS

### Dipping Sauce Recipe

- 1/4 cup soy sauce or tamari
- 1/4 cup lime juice
- 1/4 cup toasted sesame oil
- 1 tsp honey (optional)
- 1 tsp garlic, minced (optional)
- 1 tsp chili paste (optional)

### Spring Rolls

- rice paper, soaked in warm water 20-30 seconds
- herbs
- fruits
- vegetables

## DIRECTIONS

*Prepare sauce by mixing ingredients together in a bowl.*

*Prepare herbs by washing, destemming and coarsely chopping.*

*Prepare fruits and vegetables by washing, removing seeds and stems, and cutting into matchsticks.*

*Soak 1 piece of rice paper in warm water in a shallow dish for 20-30 seconds.*

*Place water-soaked rice paper on clean surface. Add desired ingredients. Roll sides towards middle. Roll until rice paper folds around fruits and veggies entirely and a roll is formed. Dip in sauce and enjoy!*

*Note: You can add protein like chicken, shrimp, pork, or tofu!*

### **Reflection:**

- **What fruits and vegetables would you put in your roll to make a summer roll? Winter roll?**
- **What was most challenging about creating your spring rolls? What was successful?**

