



Rice Paper Veggie Rolls

YIELDS: 10 servings

PREP TIME: 20 to 30 minutes

Ingredients

- 1 package of rice paper sheets
- 4 large carrots
- 1 large English cucumber
- 1 red pepper
- 1 green pepper
- 1 head of romaine lettuce
- 375 mL (1 ½ cup) cheddar cheese
- Sweet chili sauce



Figure 1: Rice Paper Veggie Rolls

EQUIPMENT: cheese grater | 5 cutting boards | 5 knives | mixing bowl (large) | large plate for serving | set of plates for sampling | strainer | vegetable peeler

Directions

1. Thoroughly wash all produce under cool running water.
2. Peel carrots. Slice all vegetables into long, thin, matchsticks.
3. Wash the lettuce well, pat dry and tear or cut into strips.
4. Grate the cheese.
5. Fill a large bowl with warm water.
6. One at a time, place rice paper sheet in the bowl of warm water for 5 to 10 seconds or until soft.
7. Place rice paper on a flat clean surface (e.g. cutting board).
8. Fill rice paper with your favourite combination of vegetables and lettuce. Add cheese as desired. Be sure to leave a border around all sides of the wrap.
9. Fold in both ends and then roll up tightly like a burrito.
10. Cut the rolls in half and serve with sweet chili sauce to dip.

CHEF'S TIP: Rolling veggies into little packages makes them fun to eat! If packing for lunch, wrap them in a damp paper towel so they don't dry out.