

Fresh Summer Rolls

Ingredients

- 12 rice paper wrappers
- 1 head butter lettuce or green leaf lettuce, leaves separated
- 1 cup shredded purple cabbage, or regular green cabbage
- 1 cup julienned carrots
- 1 cup cucumber, thinly sliced or cut into matchsticks
- 1 avocado, sliced
- 1 mango, thinly sliced (optional)
- 1 cup bean sprouts (optional)
- Fresh mint or cilantro leaves (optional)

Optional Protein Choices

- Cooked shrimp
- Grilled chicken
- Thinly sliced steak
- Tofu

Optional Dipping Sauce Ideas

- Peanut sauce
- Sweet chili sauce
- Soy-ginger dipping sauce
- Hoisin sauce with lime and garlic

Instructions

1. Prepare all vegetables and fillings before you start rolling.
2. Fill a shallow bowl or plate with warm water.
3. Dip one rice paper wrapper into the warm water for a few seconds, just until it begins to soften.
4. Lay the wrapper on a clean plate or cutting board.
5. Add lettuce first, then layer cabbage, carrots, cucumber, avocado, and any optional fillings.
6. Fold the sides inward over the filling.
7. Roll from the bottom upward, keeping the filling tucked in as you roll.
8. Repeat with the remaining wrappers and fillings.
9. Serve fresh with your choice of dipping sauce.

Note & Storage

- Warm water softens rice paper more evenly and quickly than cold water, making it easier to roll without cracking.
- Do not over-soak the wrappers or they can become too soft and difficult to handle.
- If the wrappers begin sticking, lightly rub a few drops of neutral oil onto your hands or work surface.
- Do not overfill the rolls so they stay easier to wrap.
- Store finished rolls in a single layer with a lightly damp paper towel over them.
- Avoid stacking the rolls directly on top of each other or they may stick together.
- Fresh summer rolls are best enjoyed the same day.