



Snappy Spring Rolls



According to Elizabeth Borelli, author of this recipe and creator of [Green Sprout Kids](#), “Fresh spring rolls are surprisingly easy to make, and a great way to get creative in the kitchen. When time is of the essence, you can do this in ten minutes!”

Ingredients: (serves 2-4)

- 8 rice paper wrappers
- 1/2 cup sprouts
- 1/2 cup unsweetened dried cranberries
- 1/2 cup slivered almonds
- 1 cup lettuce
- 1 large carrot
- 1 cucumber
- 1 red pepper
- 1 avocado
- 6 ounces firm tofu

*Filling options (choose your favorite 3-5)

Instructions:

Together: Set up your cutting board and knife or shredder (with an adults permission) and chop, shred and slice your veggies.

Kid: Set up your filling options on the counter so they're easy to reach when you're ready.

Together: Fill a large bowl with warm water. Dip a wrapper into the warm water for a few seconds. Lay the wrapper flat on a large platter and leave for a minute to soften. Once it's soft – you're ready to wrap!

Kid: Place your choice of ingredients in a row across the center of the wrap, leaving about 2 inches on either side of the wrap without any ingredients.

Together: Fold the plain sides inward and then tightly roll the wrapper, burrito-style. Repeat this with the remaining wrappers and ingredients.

Served room temperature or chilled, with optional dipping sauce.

Food For Thought!

Can you eat paper? You can if it's made from rice! Rice paper is a specialty food from Vietnam. It's made from a paste of ground rice and tapioca starch, which is spread thinly, steamed, then left to air dry. It's just the thing for making spring rolls and easily found in most grocery stores or Asian markets. Just dip each sheet in a bit of warm water to soften it before rolling.



Cooking Tip of the Week

If you're stopping at the store, visit the salad bar and stock up on precut veggies like carrots and red peppers to save the time of cutting them yourself.

Conversation Starter

What is something that doesn't exist that you think someone should invent?



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