



Tofu Veggie Summer Rolls

4 servings

15 minutes

Ingredients

3 tbsps Honey
2 tbsps Fish Sauce
2 tbsps Water (hot)
2 tbsps Lime Juice
8 Rice Paper Wraps
2 cups Purple Cabbage (thinly sliced)
1 Red Bell Pepper (medium, sliced)
1/2 Cucumber (sliced)
680 grams Tofu (extra firm, pressed, sliced)

Nutrition

Amount per serving	
Calories	286
Fat	9g
Carbs	39g
Fiber	4g
Sugar	18g
Protein	19g
Cholesterol	0mg
Sodium	758mg
Vitamin A	1472IU
Vitamin C	67mg
Calcium	513mg
Iron	4mg
Selenium	23µg

Directions

- 1 In a bowl, whisk together the honey, fish sauce, water, and lime juice. Adjust to taste as needed.
- 2 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the cabbage, bell pepper, cucumber, and tofu near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 3 Dip into the sauce and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

Serving Size: One serving equals approximately two rolls.

Additional Toppings: Add bean sprouts, crushed peanuts, vermicelli, cilantro, Thai basil, mint, shrimp, or sliced cooked pork.

No Honey: Use sugar, maple syrup, or your sweetener of choice instead.

Hoisin Lover: Instead of the fish sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.