



Asian Spring Rolls

Dipping Sauce

- 2 Teaspoons Gingerroot, peeled and finely chopped
- ¼ Cup Rice Vinegar
- 4 Teaspoons Tamari Soy Sauce
- 1 Tablespoon Sesame Oil
- 1 Tablespoon Blackstrap Molasses
- 1 Teaspoon Toasted Sesame Seeds (optional)

Spring Rolls

- 1 Cup Water
- 1 Head of Cauliflower (Rice), grate cauliflower and cook on high in microwave for 4-6 minutes
- 2 Large Carrots, peeled and cut into julienne strips
- ½ Medium Cucumber, cut into julienne strips
- 3 Cups Fresh Baby Spinach Leaves
- 12 Fresh Cilantro Sprigs
- 6 (8-inch) Rice Wrappers OR Nori Seaweed

For dipping sauce, combine all ingredients in bowl and whisk until combined. Sprinkle with toasted sesame seeds (optional) if desired.

For spring rolls, julienne all veggies, moisten both sides of one rice wrapper with water using pastry brush. Arrange spinach leaves in a single layer on ½ of wrapper to within ½ inch of edges. Top with ¼ cup cauliflower (rice). Arrange carrots, cucumber, and cilantro sprigs evenly over rice. Fold sides of wrapper in towards center; roll up tightly. Cut each spring roll diagonally and serve.

FLT Servings Per Spring Roll: 1 Category 1 Veggie & ½ Grain