

Rice Paper Veggie Rolls

Ingredients

YIELDS: 10 servings

PREP TIME: 20-30 minutes

- 4 carrots
- 1 large English cucumber
- 1 red pepper
- 1 green pepper
- 1 head of romaine lettuce
- 1 1/2 cups (374 mL) cheddar cheese
- 1 package of rice paper sheets
- Sweet chili sauce



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 vegetables under cool running water.
- 2) Peel carrots. Slice all vegetables into long, thin, strips (julienne).
- 3) Wash the lettuce well, pat dry and tear or cut into strips.
- 4) Grate the cheese.
- 5) In a large bowl, add 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.*

Let's Get Cookin'!

