

Tofu Veggie Summer Rolls.

4 SERVINGS 15 MINUTES



INGREDIENTS

3 tbsps Date Syrup
1 tbsp Dulse (flakes)
3 tbsps Water (hot)
2 tbsps Lime Juice
8 Brown Rice Paper Wraps
3 1/4 tbsps Purple Cabbage (thinly sliced)
1 Red Bell Pepper (medium, sliced)
1/2 Cucumber (sliced)
1 lb Tofu (extra firm, pressed, sliced or cubed)

NUTRITION

AMOUNT PER SERVING

Calories	219	Fiber	2g
Fat	6g	Sugar	16g
Saturated	1g	Protein	12g
Trans	0g	Cholesterol	0mg
Carbs	34g	Sodium	100mg

DIRECTIONS

- 01 In a bowl, whisk together the date syrup, dulse flakes, water, and lime juice. Adjust to taste as needed.
- 02 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.
- 03 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 micro greens, crushed peanuts, brown rice, vermicelli, cilantro, Thai basil, or mint.

NO DATE SYRUP

Use 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.

NO TOFU

Use edamame instead.