



Tofu

1 lb firm tofu, drained and cut lengthwise into 1/2-inch-thick planks



Oak leaf lettuce

1 head Boston or oak leaf lettuce, ribs discarded (12 leaves)



Carrot

1 large carrot, peeled and shredded



Mung bean

2 cups mung bean or clover sprouts, blanched



Cucumber

1/2 English or hothouse cucumber, peeled, seeded, and cut into



Mint

24 medium to large mint leaves



Rice papers

12 round rice papers (8-inch rounds)

Fresh Vegetable Summer Rolls



Ingredients



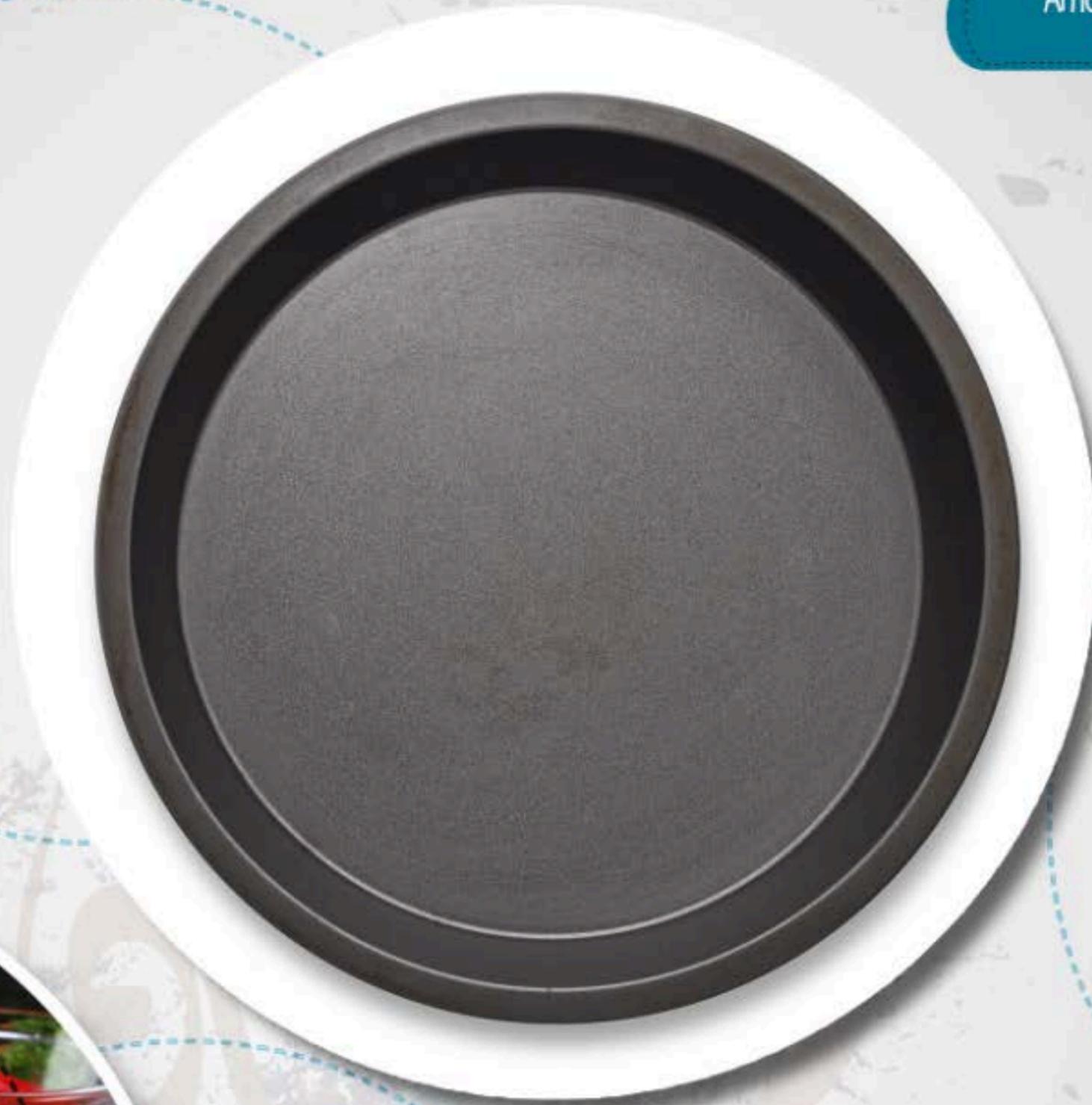
Directions

Fresh Vegetable Summer Rolls





Amount per serving
85 Calories



Fresh Vegetable Summer Rolls



Fill a flat round cake pan with water.

Directions



Diabetes
360°

Fresh Vegetable Summer Rolls



Place the rice paper on top of the kitchen towel. Blot dry.
The paper should be sticky, not slippery. Stack the ingredients as follows,
one on top of the other on the side of the paper closest to you: 1 lettuce leaf,
1 piece of tofu, some carrot, cucumber sprouts, 2 mint leaves.

Directions



Diabetes
360°



Fresh Vegetable Summer Rolls



Arrange the lettuce, tofu, carrots, cucumber sprouts, & mint into individual piles on a plate.

Directions





Fresh Vegetable Summer Rolls



Fold the side of the paper that is farthest from you over the filling tightly.
Be careful not to tear it. Fold in the sides & roll all the way to the end.
Repeat this step with the remaining ingredients.

Directions

