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good

Cooking Classes.
Community.
Fun.



Join our monthly workshops, **Cooking with Purpose**, to build on your current culinary skills and get your hands on healthy! Meet other students who share similar interests and learn more about cooking, nutrition, and come find your community here on campus.

- ✓ A new recipe each month
- ✓ Learn lifelong skills
- ✓ Take home leftovers
- ✓ Consult with Health Center at Auraria's Registered Dietitian



Springtime Rolls

SERVES: 2-4

Spring rolls are crunchy delicate rolls that have made their way onto many tables, due to their simplicity, and whole ingredients. It can be challenging to eat fresh produce, but wrapping a variety of vegetables in rice paper creates an explosion of flavors. Health experts recommend eating the rainbow, the more colorful the produce the wider the variety of nutrients.

SPRING ROLLS

- 4 ounces vermicelli noodles or other rice noodles
- 8 large rice paper wrappers
- 1 carrot, julienned
- ½ English cucumber, julienned
- 3 ounces extra-firm tofu, cut into strips
- 1 jalapeño pepper, stemmed, seeded, and cut into strips
- 1 mango, peeled and cut into strips
- 1 avocado, cut into strips
- fresh basil, mint, and cilantro leaves

PEANUT SAUCE

- ½ cup creamy natural peanut butter
- 2 tablespoons lime juice
- 2 tablespoons rice vinegar
- 1 tablespoon sriracha
- 1 tablespoon tamari
- 1 tablespoon toasted sesame oil
- 2 teaspoons maple syrup
- 1 teaspoon grated fresh ginger
- 4-6 tablespoons water, as needed

PRO TIP

Oversoaking rice paper can make it breakable and hard to work with, so dip it quickly and keep moving!

DIRECTIONS

1. Prepare the noodles according to the package instructions. Drain and rinse under cold water.
2. Fill a large bowl with warm water and dampen a clean kitchen towel. Spread the kitchen towel over a flat work surface.
3. Soak a spring roll wrapper in warm water for 10 seconds, or until pliable. Lay the wrapper flat on the kitchen towel and place some of the noodles, carrot, cucumber, tofu, jalapeño, mango, avocado, basil, mint, and cilantro in the center. Fold the sides of the wrapper over the fillings and roll tightly to close. Repeat with the remaining spring roll wrappers and fillings.
4. In a medium bowl, stir together the peanut butter, lime juice, rice vinegar, sriracha, tamari, sesame oil, maple syrup, ginger, and 4 tablespoons of the water. If the sauce is too thick, add more water, 1 tablespoon at a time, until it reaches your desired consistency. Use as a dipping sauce for spring rolls or on peanut noodles.
5. Serve with peanut sauce for dipping.