



Tofu-Veggie Rice Wraps with a Sweet Chile Dipping Sauce

(makes ~ 8 wraps, serves 4)

more photos at thesummertable.com

I love wraps and this healthy version is one of my favorites. I think you will like how easy it is, how refreshing it is (especially with the mint!), and how portable it is too. Make your wraps the night before, tote them in a lunch container, complete with a sweet chile dipping sauce, and you are good to go! Enjoy!

I created this recipe for a cooking demo I did at Whole Foods, here on Maui. Everyone loved them and so that is why I am sharing them here with you. They were a one hit wonder!

I love fun, delicate flavors so that's why I added the watercress and mint! Give your taste buds a symphony! Watercress also has a high nutrient density.

These wraps pack in great nutrients, fiber, protein, and lots of fun veggies, with good for you phytonutrients... and light in calories too. I also love how delicate the rice wraps are. Not too heavy to digest.

Wrap and roll!

TheSummerTable.com

All rights reserved. Material provided for educational purposes only. Always consult with a physician with respect to your symptoms or medical condition.

© Carol Giardino 2015 - All photographs, videos, recipes and content are Carol Giardino originals, unless otherwise indicated. Thank you for respecting these rights.

Ingredients:

- Sweet chile sauce
- Spring roll rice wraps (comes ~36 in a package)
- 1 block extra firm tofu
- 1 bunch fresh watercress
- 1 bunch fresh cilantro
- 1 bunch fresh parsley
- 1 bunch fresh mint
- 1 bunch fresh basil
- 1 bunch fresh radishes
- Alfalfa sprouts
- 1 cucumber
- 1 red pepper
- 1 carrot
- 1/4 red cabbage

1. Set up a work-station with each of the ingredients chopped and ready for the wraps.
2. Clean and de-stem watercress, cilantro, parsley, mint, basil. On a cutting board, chop each of the greens and place each green into separate, small bowls, or on a large plate. Place alfalfa sprouts in a small bowl or on a large plate as well. Your greens are ready!
3. Cut up radishes, cucumber, red pepper, and red cabbage into long, thin, rectangular pieces. Place in separate, small bowls or on a large plate.
4. Grate carrot with a grater and place in a small bowl or on a large plate.
5. Press tofu to drain some of the excess water, and pat dry with paper towels. Cut tofu in small, long rectangular pieces and place in a small bowl or on a large plate.

Once tofu and vegetables are prepped, fill a large bowl with warm water. Dip each rice wrap in warm water so that both sides are evenly moistened. Once moistened, place one rice wrap onto cutting board. Fill the middle of rice wrap with tofu and vegetables.

Roll each wrap and tuck in both sides. You can choose to leave wraps whole, or to cut them up on a plate.

Serve on a beautiful plate with a side round bowl of sweet chile sauce for dipping.

Enjoy!

Options:

- Use a peanut, almond or cashew dipping sauce instead of a sweet chile sauce. (*I'll share my sauce recipes in a future post.*)
- Use veggies you enjoy.
- Use spinach, arugula, kale, celery, romaine lettuce, Bibb lettuce, or cabbage in your wraps.
- Use chicken or fish instead of tofu.

june 5, 2015 • recipe 5 ©Carol Giardino

TheSummerTable.com • Carol Giardino • certified holistic health practitioner & chef for an appointment, call 808-268-1466 • find your inner glow!