

## **Fresh and Crunchy Rice Paper Wraps (serve with Creamy Coconut Dipping Sauce)**

Original recipe created by Korrin Fotheringham, MS, RDN, CD. Copyright 2015

Fresh, crunchy, satisfying and oh so yummy! Feel free to change up the veggies to suit your personal taste preferences. This is a great thing to make when you have an assortment of leftover veggies. If you are making these the night before, store with a damp paper towel on top, in an airtight container to prevent the rice paper from drying out.

Preparation time: 10-15 minutes, 1-2 minutes for each additional wrap

Makes 1 wrap

2 sheets of Dry Rice Paper (available in most health food or Asian food stores)

1/8 avocado, sliced lengthwise

¼ cucumber, sliced into long strips

4 strips thinly sliced sweet yellow pepper

¼ carrot, grated

2 tablespoons golden beet, grated

¼ cup baby spinach

2-3 large leaves fresh Thai basil or mint

2-3 sprigs fresh cilantro

### **Directions**

1. Fill up a large bowl with very hot water (not boiling) and soak one piece of rice paper until it softens and the pattern in the paper is less noticeable. Pull it out of the water carefully and lay out flat.
2. Arrange the vegetables in a row along the center of the rice paper. Add the avocado first and then the lightest vegetables last. Leave about 1 ½ inches at the top and the bottom.
3. Fold the top and the bottom of the paper over the veggies and then wrap up the sides and roll it, but not too tightly so that the paper breaks.
4. Soften another piece of rice paper and lay out flat. Place the roll carefully in the center of the second rice paper and wrap up tightly.
5. Repeat for steps 1-4 for multiple wraps if feeding a crowd.