

Rock'n Summer Rolls

Makes 1 serving

Ingredients

1 sheet of rice paper
3 large shrimp, cooked and sliced in half down center
½ cup cooked soba noodles
½ small cucumber, sliced thinly lengthwise
1 handful shredded carrot
1 handful shredded purple cabbage
8-9 fresh mint and/or basil leaves
2 tablespoons tamari
1 dash sesame seeds
2 lime wedges

Fun Fact: Soba noodles are made from buckwheat, a gluten-free grain that is not actually wheat or related to wheat. Buckwheat contains carbohydrates and protein and is a good source of Manganese.

Note: Baked tofu or chicken can be used in addition to or in place of shrimp.

(Parents) Directions to Assemble Kit:

Place soba noodles and cooked and sliced shrimp into small containers. Place prepared vegetables, herbs and lime wedges into small snack-sized plastic bags. Pour tamari in small reusable dressing container and sprinkle with sesame seeds. Put sheet of rice paper, noodles, shrimp, prepared veggies, herbs, lime, and tamari into a large reusable container. Place into refrigerator until use.

(Kids) Directions to Make Rock'n Summer Rolls:

Fill a large bowl with warm water and place on work surface. Take the brown tamari sauce and lime wedges out of the kit and place them on a plate to the side. Unwrap the other ingredients from your kit and place on a large cutting board or clean countertop. Dip the entire sheet of rice paper into the bowl of water just long enough to wet it. Do not allow the rice paper to stay in the water for more than a few seconds. Place the rice paper on your work surface. Immediately, begin to lay the slices of shrimp in a row across the rice paper. Then place the noodles on top of the shrimp. Next, layer the carrot, cucumbers and cabbage in rows across the rice paper. It will begin to look a bit like a rainbow. Finally, add the fresh herb leaves on top. Starting with the side of the paper closest to you, wrap the rice paper over the ingredients, tightly, like a burrito. As you roll the rice paper away from your body, tuck the sides inward to make sure the filling does not come out. Place the Rock'n Summer Roll on the plate with the tamari and lime wedges. Enjoy!