

QUINOA SPRING ROLLS

with Cashew Dipping Sauce

\$1.50

per serving

30 MINUTES
OR LESS

11 INGREDIENTS

Buy Local!

- 1 cup red or white quinoa, thoroughly rinsed
- 1 Tbsp soy sauce (gluten free for GF eaters)
- 1/2 lime, juiced
- 10 spring roll papers, pieces of sturdy greens
- 1 cup each julienned cucumber, carrot and red pepper
- 1 cup fresh herbs (cilantro + mint)
- 1/2 cup cashew butter
- 2 Tbsp soy sauce (gluten free for GF eaters)
- 3/4 tsp chili garlic sauce
- 2 Tbsp sweetener (i.e. maple syrup, agave)
- 1/2 lime, juiced
- Hot water to thin



*highlighted ingredients can be bought at the market!



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HOW TO: QUINOA SPRING ROLLS & CASHEW SAUCE

1. Start by preparing quinoa. Heat a small saucepan over medium heat. Once hot, add 1 Tbsp oil and quinoa and quick toast for 2-3 minutes. Then add 2 cups water, bring to a low boil, then reduce heat to low and cover. Cook for 15-20 minutes, or until all liquid is absorbed and it's light and fluffy in texture.
2. Prep vegetables and herbs and set aside.
3. Prepare cashew butter sauce by adding all sauce ingredients except water to a small mixing bowl and whisk to combine. Add enough hot water to thin until a pourable sauce is achieved.
4. To add more flavor to the quinoa, add 1 Tbsp soy sauce + 1/2 lime, juiced and toss to coat. Set aside.
5. To assemble spring rolls, pour very hot water into a shallow dish or skillet and immerse rice paper to soften for about 10-15 seconds.
6. Transfer to a damp cutting board or similar surface and gently spread out into a circle. It may take a little practice, so don't feel bad if your first few attempts fail!
7. To the bottom third of the wrapper add a generous spoonful of quinoa, and layer carrots, bell peppers, cucumber, and fresh herbs on top. Gently fold over once, tuck in edges, and continue rolling until seam is sealed.
8. Place seam-side down on a serving platter and cover with damp warm towel to keep fresh. Repeat until all fillings are used up – about 8-10 spring rolls total.
9. Serve with cashew butter sauce and sriracha or hot sauce of choice. I like to mix mine and go dip happy.
10. Leftovers store well individually wrapped in plastic wrap, though best when fresh.

why is it healthy?

QUINOA

Quinoa is a complete protein, providing 8 grams per serving! It's also a great source of iron. Quinoa cooks quickly for an easy fast healthy meal!

CARROTS

Carrots are high in beta-carotene, fiber, and antioxidants. Their sweet flavor add great taste and nutritional benefits to this recipe!

RED PEPPER

Red Peppers contain almost 300% of your daily vitamin C. They are a great source of magnesium and vitamin B6, a combo that helps decrease anxiety.

This recipe is from Minimalist Baker
Go to minimalistbaker.com to see more recipes!
<http://minimalistbaker.com/quinoa-spring-rolls-with-cashew-dipping-sauce/>

FAST • HEALTHY • AFFORDABLE • SIMPLE

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