

## Roll into Summer



When Summer rolls around, I begin to crave light meals. Since the Austin Summer heat we are all so familiar with has already graced us with its presence, this light bite desire set in about a few weeks ago. I decided to make Summer (or Spring) Rolls. Protein and vitamin-packed, light, flavorful, fun and easy to make, and did I mention tasty? Despite the perplexing rice paper outer wrap that many people are unfamiliar with, this recipe is very simple to make and requires no cooking! Every ingredient is fresh and easy to handle. All you need is a little cutting skill and wrist action. Are you ready to roll?

### Ingredients

- 1 package of Spring Roll wrappers, also known as rice paper. I found these at Central Market in the Asian section. (If you are not familiar with this ingredient, they come dry, but you will dip them in warm water to soften them up for easy wrapping.)
- 1 large cucumber
- 1 large carrot
- 1 small bunch of green onions
- 1 package of imitation crab. I prefer the sticks as opposed to the flakes, so you can pull them apart or use them as-is.

1 bottle of sweet and sour dipping sauce. This can also be found in the Asian section of any grocery store. I Rebeccamend the Sweet Chili Sauce by Caravelle.

### Instructions

- Wash and dry the cucumber, carrot, and green onions.
- Cut the cucumber into long strips that are each about 1/4- 1/2" thick.
- Use a peeler to shred the carrot.
- Slice the green onions into very small o's.
- Fill a regular sized plate with luke warm water.
- Place a spring roll wrapper in the water on the plate for about 1 minute.
- Pull the softened spring roll wrapper out of the water and lay on a flat surface like a counter or table. I used a cutting board.
- Place a few cucumber pieces, long thin carrot strips, and a few pieces of a shredded imitation crab stick in a vertical line in the middle of the circular rice paper.

- Toss on a few green onions.
- Fold the bottom of the softened circle rice paper wrapper up away from you and up over the bottom of the veggie and crab strip (closest to you). (We are wrapping this like a burrito).
- Fold the right side of the circular rice paper over the veggie and crab strip.
- Continue to roll the rice paper and veggies/crab to the left until the rice paper wraps all around the veggies and crab. The rice paper is a bit sticky, so your Summer Roll should remain intact.
- Serve with Sweet Chili dipping sauce and take a crunchy bite!

These can be great appetizers or snacks to take to a BBQ or a summer dinner party at someone's house and are fun to serve if you're hosting at home! They are easy to transport, but if you're like me, you might eat them before you even get around to taking them somewhere!

