



## High Protein Spring Rolls

### Ingredients:

1 block extra firm tofu  
1/2 cup shredded carrots  
1/2 cup chopped kale  
1/2 cup cooked edamame  
1/2 cup chopped broccoli  
1/2 thinly sliced red bell pepper  
1/2 thinly sliced cucumber  
1 thinly sliced avocado  
1/4 cup cilantro  
7 ounces of baby corn  
2 tbsp black sesame seeds  
1 package round rice paper skin

TOFU MARINADE  
1/4 cup soy sauce  
2 tbsp vinegar  
2 tbsp olive oil  
2 tbsp minced garlic  
2 tbsp maple syrup  
2 tsp ground ginger  
Optional: Add 1 tbsp Sriracha

Whisk all ingredients in one dish.  
Add diced tofu. Marinate 40  
minutes or more- overnight is best.

### Instructions:

1. Cut tofu into 1/4-inch thick strips. Marinate 40 minutes or more.
2. Pan fry the marinated tofu over medium high heat until golden-brown.
3. Cut all vegetables. Dip 1 rice paper into water, lay it on a plate and fill the center region with a small amount of each ingredient. Fold the right side over the filling, fold in the top & bottom. Tuck and roll wrap closed.
6. For the peanut sauce whisk together 1/3 cup peanut butter, 2 tbsp soy sauce, 2 tbsp maple syrup, 1 tsp vinegar, 1 tsp garlic powder, 1 tsp Sriracha, 1 tsp ground ginger, 3 tbsp water.
7. Serve with rice topped with black sesame seeds.

