

Red Spring Rolls with Sweet and Sour Thai Sauce

This is an easy (and tasty!) way to use up most vegetables in the refrigerator and get lots of the nutrients from this food group.

Nutrients are essential in balancing blood sugar for those managing or at high risk of diabetes.



Ingredients:

- 6 carrot sticks (shredded)
- 2 cucumbers (shredded or thinly sliced length-wise)
- 5 bell peppers (any colour but green)
- 1 celery stalk (sectioned about 4 inches and sliced length-wise)
- 1 bag of Vermicelli rice noodles
- 1 bunch of mint leaves
- 1 bunch of cilantro leaves
- 1 pack of rice papers
- 3 beets (peeled and diced into cubes)
- 1 pack of peeled and cooked shrimp (optional)
- Extra virgin olive oil

Directions:

1. Julienne vegetables about 3 inches. Each spring roll requires a bundle of vegetables about 1 inch in diameter.
2. In a small pot bring water to boil. Add beet cubes, add oil for 5 mins. Reserve liquid and pour into a bowl.
3. In a different pot bring water to boil. Cook rice noodles package directions. Add a bit of oil to prevent noodles sticking together.
4. Working with 1 or 2 rice papers at a time, place into beet juice for 60 to 90 seconds, or until just pliable. Then dry on paper towel or chopping block.
5. Place julienne vegetable of each kind on top of the rice paper, adding mint, cilantro leaves, rice noodles and shrimp (if included).
6. Fold bottom nearest you up over vegetables. Fold in sides. Grasp vegetables to keep compact while rolling up into a cigar shape.

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Now time for our Thai sauce! Be careful, this one can get spicy!

Ingredients:

Water, 1 cup

Rice vinegar, 1 cup

Agave syrup, 5 tablespoons

Fresh ginger, 1 teaspoon

Chili flakes, 2 teaspoons

Sriracha chili sauce, 2 teaspoons

1 red onion, shredded

Chipotle pepper, half

Beet juice from one beet for dyeing rice sheets.

Orange zest, 1 teaspoon (optional)

You're all done! While this recipe may seem complicated, it's a great way to use up whatever vegetables you may have in your fridge. Play around with the ingredients to find what you like best. It won't be boring to make if you enjoy the end result!

Directions:

1. In a medium sized pot, bring water and rice vinegar to a boil
2. Add agave syrup, ginger, garlic and chili flakes
3. Add chili sauce, chipotle pepper (x2 if you really want to zip up the sauce)
4. Mix $\frac{1}{2}$ cup of water and cornstarch (this will thicken the mixture)
5. Add the corn starch mixture to the pot and simmer for about 10 minutes

