SPRING ROLLS

Ingredients

Servings: 12 rolls

For the peanut sauce

- 1/4 cup peanut butter, variety of your choosing
- 1/4 cup very hot water, 180 degrees
- 1 tablespoon soy sauce (or tamari)
- 1 tablespoon rice vinegar
- 2 teaspoons agave nectar
- 1 teaspoon fresh lime juice
- 1/8 teaspoon salt
- Freshly ground black pepper

For the filling

- Twelve 6-inch spring roll wrappers
- 12 leaves romaine lettuce, torn into 3-by-3-inch pieces
- 12 carrot sticks, 3-by-1/4-inch
- 12 cucumber sticks, 3-by-1/4-inch
- 8 ounces chicken breast, cooked, chopped
- 1 ripe avocado, sliced lengthwise into 12 even pieces
- 1 cup mung bean sprouts
- 1 cup cooked rice noodles, prepared according to package directions
- 1/4 cup fresh mint, chopped
- 1/4 cup cilantro, chopped

- Fill a bowl with warm water. Place 1 spring roll wrapper in the bowl and let it soak until limp. Lay the wrapper flat on your work surface. In the upper center section of the wrapper, place 1 piece of lettuce (leave at least 1 inch of the bottom end of the wrapper uncovered).
- In a compact vertical line, arrange 1 piece each of the carrot, cucumber and avocado, a generous tablespoon each of the bean sprouts and the noodles, and 1 teaspoon each of the mint and cilantro.
- Fold the bottom edge of the wrapper on top of the filling. Then tightly (but gently) pull the left edge of the wrapper over the filling and the folded bottom edge, putting pressure on the roll with your fingertips.
- Pull and roll the left side over the right side of the wrapper. Press the edges of the wrapper together to close. Repeat until all rolls are assembled.
- Mix the peanut-sauce ingredients together and serve with the spring rolls.

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