

## Quinoa-Stuffed Spring Rolls with Peanut Dipping Sauce

5 servings (from p. 287)

### Ingredients:

½ cups quinoa, rinsed  
10 spring roll wrappers  
1 carrot, peeled the matchstick julienned  
1 cucumber, matchstick julienned  
1 red pepper, matchstick julienned  
A few handfuls of soft lettuce  
Handful of cilantro (or any herb you desire)

### Peanut Dipping Sauce

¼ cup natural creamy peanut butter  
T TBS low-sodium soy sauce  
2 tsp. Chopped garlic  
1 tsp Sriracha hot sauce (optional)  
Chopped peanuts and red pepper flakes (for garnish)

Cook quinoa according to package directions. When done, toss to cool

While quinoa is cooking, mix all sauce ingredients together on stove over low heat. Whisk until combined and creamy – adding water as needed to get to your desired consistency – then set aside to cool.

Pour warm water into a pan or a bowl big enough to fit the wrappers.

Working with one at a time, submerge each wrapper in the water for about 15-90 seconds to soften them. Quickly move wrapper to a dry surface and pat excess water off the wrapper

Place a small amount of soft lettuce, and then carrot, cucumber, pepper, quinoa, and cilantro in the bottom third of the rice paper. Do not overstuff. Roll the filling into a tight roll one turn, then fold in the sides and finish rolling.

Serve spring rolls with dipping sauce. Garnish with peanuts and red pepper flakes if using.

Source:

*The Blue Zones Kitchen: 100 Recipes to Live to 100*  
Dan Buettner