



## APRIL: SUMMER ROLLS AND COLD NOODLE SALAD

Warm weather means lighter meals and summer rolls and cold noodle salads are a great way to incorporate produce into a delicious package or single bowl meal. Summer rolls are the not-fried, not-cooked cousin of spring rolls. They frequently contain shrimp but can be made entirely vegetarian. For both the rolls and the noodles, your ingredients are only limited by your imagination: what ties everything together is the dipping or tossing sauce. Once you prep all your ingredients (and they basically both use the same

ingredients), it's just a matter of assembly at the end of your day. It's also perfect if you live alone because you can make as much or as little as you need.

### Ingredients

#### Summer Rolls

- 24 medium cooked shrimp (about 1 pound), butterflied
- ½ tablespoon rice vinegar
- ½ teaspoon granulated sugar
- 1 teaspoon fish sauce
- ½ medium lime juice (about 1 tablespoon)
- 1 small seedless cucumber, julienned
- 1 medium carrot, peeled and julienned
- 2 large radishes, julienned
- 1 medium scallion, thinly sliced

#### *To assemble the rolls:*

- 4 ounces dried cellophane noodles (also called bean threads)
- ½ teaspoon Asian sesame oil
- 16 (8 1/2-inch) rice paper wrappers
- 30 fresh basil or mint leaves
- 8 leaves bibb or butter lettuce, halved

\*for soba noodle salad: cook noodles as instructed and toss with sesame oil and refrigerate until using

### Preparation

#### Preparation

1. Whisk the vinegar, sugar, fish sauce, and lime juice together in a large bowl. Add the cucumber, carrot, radishes, and scallion, and toss to combine; set aside.
2. **Cook the noodles:** Bring a pan of water to boil, turn off the heat, add the noodles, and let sit until tender, about 10 minutes. Drain the noodles, transfer them to a bowl, add the sesame oil, and toss to combine; set aside
3. **Soften a wrapper:** Fill a pie plate halfway with room-temperature water. Immerse 1 wrapper in the water until it softens, about 30 seconds. Use both hands to pull it up out of the water carefully and lay it flat on a clean work surface
4. **Fill the wrapper:** Place 2 to 3 mint or basil leaves down the wrapper, just slightly to the left of center. Place 3 to 4 pieces of shrimp cut-side up on the herbs. Place a piece of lettuce in your hand, then fill evenly with 1/4 cup of the vegetable mixture and 1 to 2 tablespoons of noodles. Place the lettuce cup to the right of the shrimp, leaving a small gap
5. **Roll up the summer roll:** Fold the top and bottom of the wrapper over the filling. Fold the left side over the shrimp and continue rolling tightly to the right until it's closed and snug. Place it on a baking sheet seam-side down and cover with a damp towel. Repeat with the remaining wrappers and filling, adding more water to the pie dish as needed

## Ingredients and Preparation

### Spicy Peanut Dipping Sauce

This multipurpose sauce is great for dipping and for tossing with a batch of noodles in a cold salad.

- 2 tablespoons vegetable oil
- 3 scallions, chopped fine
- 1 garlic clove, chopped fine
- 1 tablespoon finely grated peeled fresh gingerroot
- 1 cup water
- 1/2 cup creamy or chunky peanut butter
- 1/4 cup soy sauce
- 1/4 cup distilled white vinegar
- 3 tablespoons firmly packed brown sugar
- 1/4 teaspoon dried hot red pepper flakes

### Preparation:

1. In a saucepan heat oil over moderate heat until hot but not smoking and cook scallions, garlic and ginger, stirring, until fragrant, about 1 minute.
2. Stir in remaining ingredients and bring to a simmer, stirring.
3. Simmer sauce, stirring, until smooth and cool to room temperature.
4. Sauce may be made up to 3 days ahead and chilled, covered. If sauce is too thick after chilling, stir in 1 to 2 tablespoons hot water until sauce reaches desired consistency.

### Noodle Bowl Ideas

Cold noodle bowls are a great picnic dish with lots of flavor and less risk of food contamination if you take it to a picnic on a hot day (like mayo salads). Many of the items you are taking home in your veggie bags this week can be used either in a noodle recipe or in summer rolls. They are also a super-fast weeknight dinner if you have prepped in advance. You can add protein as well for a filling and healthy supper.

- red onion, thinly sliced, raw or sauteed
- broccoli or cauliflower, thinly sliced, lightly sauteed
- Broccoli or cauliflower stems julienned, lightly sauteed
- 1 bunch spinach, chard or kale, stems removed and leaves thinly sliced, lightly sautéed (optional)
- ripe mango, halved and sliced
- Tomatoes, halved and seeded
- Zucchini, julienned and lightly sautéed
- Butternut squash, peeled, cubed and baked
- Bell peppers, thinly sliced
- Rotisserie chicken meat
- Tofu, baked or lightly sautéed
- Soft poached eggs
- Cilantro, garnish
- Sesame seeds, garnish