



## Kid-Invented Fresh Vegetable Spring Rolls

By Erin Fletter

**Prep Time** 20 / **Cook Time** / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**chop:** to cut something into small, rough pieces using a blade.

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**julienne:** to cut fruits or vegetables into short, thin, matchstick-like strips.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**tear:** to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

**wrap:** to encase a food filling with an edible outer package (wrapping), like lettuce, pita, rice paper, seaweed, or tortilla; the wrapped food may also be called a wrap.

### Equipment

- Small bowls to hold the veggies
- Grater (or food processor)
- Cutting board
- Kid-safe knife
- Dry measuring cups
- Large mixing bowl

### Ingredients

Kid-Invented Fresh Vegetable Spring Rolls

- 1/2 purple or green cabbage OR 2 C shredded coleslaw mix

- 1/2 head iceberg lettuce
- 1/2 cucumber
- 2 large carrots
- 1/2 C fresh bean sprouts OR 1 can bamboo shoots OR 1 can water chestnuts
- 3 green onions
- 1 avocado
- 1 ripe mango OR 1 pint blueberries OR 1 green or red apple
- 1 tsp salt
- 1 tsp granulated sugar
- 1 handful fresh mint leaves
- 1 handful fresh cilantro leaves
- 1 pkg rice paper wrappers, 2 to 3 per kid chef

## Food Allergen Substitutions

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## Instructions

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### intro

Kids will use all kinds of knife skills to prepare a bunch of colorful raw vegetables, wrapping them in softened rice paper and dipping them in a delicious sweet chili sauce.

### grate + chop + julienne

With adult supervision, kids grate or chop **1/2 cup cabbage** and **1/2 head lettuce**, then grate **1/2 cucumber** and **2 carrots**. Older kids might enjoy the challenge of slicing their carrots and cucumber into thin coins, then cutting each coin into julienne shapes (short, thin matchsticks)!

### chop + slice

Chop **1/2 cup fresh bean sprouts**. Slice **3 green onions** into long, thin pieces. Adults, slice **1 avocado** and **1 mango** around the pit and have kids peel and slice them into thin pieces.

### sprinkle + tear

Sprinkle **1 tsp salt** and **1 tsp sugar** on the prepared fruit and veggies. Tear **1 handful of mint leaves** and **1 handful of cilantro leaves** from their stems.

### set up

Set up a clean cutting board, a large mixing bowl with water, **1 package of rice paper wrappers**, and the fruit and veggie fillings.

### fill + wrap

Kids can begin filling and wrapping their spring rolls, or they can first watch adults make one. Dip 1 rice paper wrapper in water for about 10 to 15 seconds—it doesn't take long to soften and will soften more as you add the fillings. Then, place it on a clean cutting board. Add 2 tablespoons of filling just above the bottom corner of the wrapper. Roll from the bottom corner until the filling is contained. Then fold over the sides toward the middle and continue rolling to the top! Have kids continue filling and wrapping until all the spring rolls are made. They will all look a little different, which is okay! Enjoy with **Sweet Chili Dipping Sauce!**

## Featured Ingredient: Mint!

Hi! I'm Mint!

"I'm a green herb with a sweet, cool taste and pleasant aroma. You may have tasted me in gum and toothpaste, but my favorite is mint chocolate chip ice cream!"

### History & Etymology

With its fresh scent hard to miss, mint was undoubtedly one of the earliest herbs discovered. It has been found in Egyptian tombs dating back to 1,000 BCE and has been part of Chinese medicine even longer. Ancient Romans and Greeks used mint to flavor cordials and fruit compotes, as well as for baths and perfumes.

Mexicans call mint "yerba buena" or "good herb."

The United States produces over 70 percent of the world's peppermint and spearmint.

The word "mint" comes from the Old English "minte," from German "minze," from the Greek "minthē."

### Anatomy

The mint plant is from the *Mentha* genus. It is an aromatic perennial herb. The plants can grow 4 to 48 inches tall and have runners below and above ground that can spread.

There are 18 to 24 species of mint currently recognized. Other mints are natural hybrids and cultivated hybrids. Some herbs with "mint" names, like cat mint (catnip), are not part of the *Mentha* genus.

Spearmint (*Mentha spicata*) is also known as common garden mint. Peppermint (*Mentha × piperita*) is a

natural hybrid cross between spearmint and watermint (*Mentha aquatica*).

### How to Pick, Buy, & Use

Mint is easy to grow at home or can be purchased at the grocery store. You can keep a bunch of fresh mint in a glass of water for up to two days.

Mint is harvested for its leaves, fresh or dried, for many culinary uses to add a cool, refreshing flavor. Foods that mint is added to include beverages, candies, ice cream, jellies, meat dishes, sauces, syrups, and teas.

Mint essential oil and menthol are added as flavoring to breath fresheners, candy, chocolate, drinks, gums, and toothpaste. It can also be used for aromatherapy.

Mint pairs well with these foods: asparagus, beans, carrots, cucumbers, eggplant, peas, potatoes, tomatoes, and yogurt. You can combine mint with these herbs and spices: basil, clove, cumin, dill, ginger, oregano, parsley, and thyme.

### Nutrition

Although mint has some health benefits, it is best to eat it in moderation.

Mint has small amounts of vitamins A and C, along with the minerals calcium and iron.

Mint may aid in digestion, but if you have gastroesophageal reflux disease (GERD), it may aggravate symptoms.