



Makes 2 bowls
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

PEANUT SAUCE

2 Tbsp. natural creamy peanut butter

1 Tbsp. lime juice

1 Tbsp. pure maple syrup

1 Tbsp. snipped fresh cilantro

1 tsp. grated fresh ginger

1 clove garlic, minced

Sea salt and freshly ground black pepper, to taste

BOWLS

4 oz. brown rice vermicelli noodles

$\frac{2}{3}$ cup frozen edamame

1 cup fresh snow peas, halved

$\frac{1}{2}$ of a medium cucumber, cut into bite-size strips

$\frac{1}{2}$ cup coarsely shredded carrot

2 Tbsp. sliced radishes

OPTIONAL TOPPINGS

Crushed peanuts

Sliced Thai or jalapeño peppers

Sliced green onions

Snipped fresh cilantro

Lime wedges

Spring Roll Bowls

Enjoy all the flavors of a spring roll with the ease of a bowl. Brown rice noodles take the place of **rice paper wrappers**.

By Nancy Macklin, RDN

- 1** Make Peanut Sauce: In a small bowl whisk together natural creamy peanut butter, lime juice, pure maple syrup, and snipped fresh cilantro, grated fresh ginger, minced garlic, and, if desired, crushed red pepper. Gradually stir in 2 Tbsp. water until sauce is the consistency of maple syrup. Season to taste with sea salt and freshly ground black pepper.
- 2** Cook noodles according to package directions. Rinse well with cold water; drain. Cook edamame according to package directions.
- 3** Divide noodles between two bowls and top with edamame, snow peas, cucumber, carrot, and radishes. Drizzle Peanut Sauce evenly over bowls. Add desired toppings.