



# SPRING ROLLS

SERVINGS: 50 SERVINGS CALORIES: 71 KCAL

Fresh vegetables that include, carrots, zucchini, red cabbage and bok choy are combined with cilantro, basil, mint and ginger then wrapped in rice paper. These spring rolls are a great way to add color and creativity to your menu.

## INGREDIENTS

2 pounds \*Carrots, fresh, julienne  
 1 pound 6 ounces \*Zucchini, fresh, with skin, sliced  
 1 pound 8 ounces \*Cabbage, red, fresh, shredded  
 1 pound 4 ounces \*Bok choy, baby, fresh, julienne  
 1/4 cup Cilantro, fresh, minced  
 1/4 cup Basil, fresh, minced  
 1/4 cup Peppermint, fresh, minced  
 3 ounces Ginger, fresh, grated  
 7 pounds Tofu (Optional)  
 3 pounds 2 ounces Spring roll wrappers 8.5" (1 oz each)  
 1 pound 9 ounces Duck sauce

## INSTRUCTIONS

1. Combine carrots, zucchini, cabbage, bok choy, cilantro, basil, peppermint, ginger, and tofu (optional) in a large bowl. Stir well. Set aside for step 5.
2. Place one wrapper at a time in a bowl of warm water. Allow wrapper to soften in water for 5-10 seconds.
3. Place wrapper on a cutting board.
4. Using a No. 12 scoop, portion 2/3 cup (about 2 ounces) vegetable mixture onto center of each wrapper. Roll in the form of a burrito and seal.
5. Place spring rolls seam side down on a steam table pan (12" x 20" x 2-1/2"). Set aside for step 11.  
For 25 servings, use 1 pan (25 spring rolls). For 50 servings, use 1 pan (50 spring rolls).
6. Place 25 individual souffle cups on a sheet pan (18" x 26" x 1").  
For 25 servings, use 1 pan. For 50 servings, use 2 pans.
7. Pour 2-2/3 teaspoons (about 1/2 ounce) duck sauce into each souffle cup.
8. If unable to serve spring rolls immediately, cover with a damp cloth to prevent rolls from sticking together.
9. Serve 1 spring roll and 1 souffle cup.

## RECIPE NOTES

CCP: Cool to 40° F or lower within 4 hours.

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Notes: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

**Crediting: 1 spring roll and 1 souffle cup provide 1/8 cup red/orange vegetable and 1/4 cup other vegetable**

Yield 50 servings

## NUTRITION FACTS PER SERVING (1ROLL, SOUFFLE CUP)

Calories: 71 kcal | Cholesterol: 1 mg | Sodium: 136 mg | Potassium: 113 mg | Carbohydrates: 16 g | Fiber: 1 g | Sugar: 6 g | Protein: 2 g

*This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.*