

# No Stove Necessary



There are lots of recipes you can make without using heat: uncooked foods often have the highest density of nutrients, and are quick and easy to prepare. Other forms of processing can be used to make uncooked foods delicious and easy to eat: salt and acids (like lemon or vinegar) can tenderize ingredients, while blending, chopping, or smashing can break down fibrous foods.



## With salt and acid

- Marinated salads
- Salsas
- Pestos
- Guacamole



## In the blender

- Smoothies
- Raw apple sauce
- Cold soups
- Nut butters



## Other ideas

- No-bake cookies
- Chia pudding
- Overnight oatmeal
- Lettuce wraps

## Summer Rolls with Peanut Sauce



Serves: 4      Total Time: 20 minutes

### Ingredients

- 1/4 cup creamy peanut butter
- 2 tsp soy sauce
- 1/2 tsp garlic powder
- 1 tsp hot sauce (optional)
- 1-2 tbsp warm water
- 10 rice paper wrappers
- 1 each carrot, cucumber & bell pepper, cut into thin strips
- 1/3 cup chopped purple cabbage
- 1 avocado, sliced
- 1 handful fresh cilantro, mint, and/or basil (optional)
- 5 large green lettuce leaves, torn in half
- sesame seeds for garnish (optional)

### Directions:

1. Whisk together peanut butter, soy sauce, garlic, hot sauce, and water. Set sauce aside.
2. Cut all vegetables and have them ready on a plate.
3. One sheet at a time, dip the rice paper wrapper into the warm water for 15-20 seconds. The wrapper should be soft, but still slightly firm and pliable. Immediately remove from the water and place flat onto a clean work surface. Gently pat the wrapper dry.
4. Fill the rolls: Place a few sticks of carrot, cucumber, pepper, and a sprinkle of cabbage on the bottom third of the rice paper. Add a slice of avocado and a sprinkle of fresh herbs. Lay half of a lettuce leaf on top. Gently pull up the wrapper and roll over the filling, like a burrito. Place finished roll on a serving plate. Repeat with all remaining ingredients. Serve with peanut sauce.

