

Health Bites: Roll It Up

Video: [Let's Make Salad Rolls](#)

These salad rolls can be a refreshing way to pack protein foods and vegetables for a snack or meal on a hot summer day. They are not fried and they can be served with peanut sauce.

Here are other ways to customize your salad roll.

- Pick a protein food – use chicken, tofu, beef, shrimp, or pork
- Pick some vegetables – use cabbage, carrots, bell peppers, and/or radishes
- Add a herb – use fresh basil, mint, or cilantro
- Switch up your grain – instead of rice vermicelli, use brown rice or quinoa to add whole grain foods

If you want to add more bulk or high-water vegetables, add shredded lettuce like romaine or butter leaf, and cucumber. These higher water vegetables help with hydration, especially important on hot weather days.

