

the 1990s, the number of people with a disability in the United States has increased by 25% (U.S. Census Bureau, 2000).

As a result of the increase in the number of people with a disability, the need for accessible information has become more acute.

Information is a key resource for people with a disability. It is essential for them to be able to access information in order to participate in society and to exercise their rights. Accessible information is also essential for them to be able to make informed decisions about their lives.

However, many people with a disability have difficulty accessing information. This is because many information sources are not accessible to them.

One of the main reasons for this is that many information sources are not designed to be accessible to people with a disability.

For example, many websites are not accessible to people with a visual impairment. This is because they do not have an alternative text description of the content.

Another example is that many documents are not accessible to people with a hearing impairment. This is because they do not have a transcript of the audio content.

These are just a few examples of how information sources are not accessible to people with a disability.

As a result, many people with a disability are unable to access the information they need. This can have a significant impact on their lives.

Therefore, it is important to ensure that information is accessible to all people, including people with a disability.

There are several ways to ensure that information is accessible to all people. One way is to design information sources to be accessible from the start.

For example, websites should be designed to be accessible to people with a visual impairment. This can be done by providing an alternative text description of the content.

Another way to ensure that information is accessible to all people is to provide alternative formats of the information.

For example, documents should be available in a format that is accessible to people with a hearing impairment. This can be done by providing a transcript of the audio content.

There are also several ways to ensure that information is accessible to all people. One way is to provide information in a format that is accessible to all people.

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Fischröllchen in Frühlingsrollenteig auf gedünstetem Spinat

400g Fischfilet ohne Haut ganz nach Geschmack (z.B. Lachs, Zander, Seelachs, Kabeljau, Dorsch oder Seeteufel), Salz u. Pfeffer, 2EL frisch gepresster Zitronensaft, 4 Frühlingsrollenblätter (Asialaden), 1 Eiweiß, 600g frischer Spinat, 2 Zwiebeln, 1 Knoblauchzehe, 4 EL Olivenöl, 100 ml Sahne, ¼ TL Currypulver
Küchenpapier

Spinat waschen und von den groben Stielen befreien. Zwiebeln und Knoblauch schälen und in kleine Würfel schneiden. In einem großen Topf das Öl erhitzen und die Zwiebeln und den Knoblauch glasig dünsten. Den Spinat zugeben und dünsten bis er zusammenfällt, Mit Salz, Pfeffer und dem Currypulver würzen. Anschließend die Sahne zugeben und leicht köcheln lassen.

Fischfilet waschen, trocken tupfen und in ca. 1cm große Würfel schneiden. Fischwürfel mit Salz, Pfeffer und Zitronensaft würzen und gründlich mischen. Frühlingsrollenblätter auf der Arbeitsfläche nebeneinander ausbreiten. Marinierte Fischwürfel jeweils in einer Linie auf die Mitte der Blätter geben. Das Eiweiß leicht verquirlen. Die Teigränder rundherum dünn damit einpinseln. Frühlingsrollenblätter links und rechts einschlagen und straff aufrollen.
Die Frühlingsrollen im heißen Frittierfett knusprig ausbacken.

Die noch frischen Frühlingsrollen mit dem Spinat servieren.