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Spring Rolls
Makes 16-18 medium sized rolls.
Serves: 8

Ingredients
16-18 eight-inch rice paper sheets
1 pound cooked salad shrimp
1 small head romaine or Napa cabbage
1/2 cup fresh mint leaves
3/4 cup fresh cilantro leaves
1/3 cup toasted ground peanuts
1 medium cucumber, seeded and cut into long thin strips
1 carrot, cut into long thin strips
1/4 pound dry rice stick vermicelli pasta, re-hydrated in hot water and drained

Preparation
Wash, dry and finely shred the greens.
Heat a large pan of water over low heat until hot to the touch, like bath water. Soak 2 or 3 rice paper sheets at a time in water until soft. Working on a board covered in a damp towel, place refreshed rice paper on damp towel.
Place a small portion of vermicelli and greens in center of each sheet, top with an ounce of shrimp, a few herb leaves, a pinch of nuts and a slice or two of the carrot and cucumber.
Roll, burrito style, top to bottom folding in the sides of the rice paper as you roll. Serve with Nuoc Cham dipping sauce.

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Nutrition per serving with dipping sauce: 309 calories; 8g total fat (1g saturated, 0g trans); 110mg cholesterol; 1820mg sodium; 44g carbohydrates; 6g fiber; 24g sugars; 19g protein.





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Nuoc Cham – Spring Roll Dipping Sauce
Makes about 2 cups

Ingredients
3/4 cup sugar
1/2 cup water
1/2 cup fish sauce*
Juice of 1 lime or more to taste
2 fresh, thin Thai chili peppers or red chili peppers, minced
2 tablespoons toasted sesame seeds, ground
2 tablespoons scallions, minced
4 tablespoons low-sodium soy sauce*

Preparation
In a small pan, bring the sugar and water to a boil. Place syrup mixture into a work bowl and cool to room temperature. Stir in the other ingredients and serve with spring rolls.

*Use half the fish sauce and low-sodium soy sauce if your doctor has told you to be careful with salt.

