

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Vietnamese Fresh Spring Rolls

These light appetizer rolls are fun to make and delicious. For a vegetarian version try adding thinly sliced avocado and red pepper in place of the shrimp.

Makes 8 servings

Ingredients:

- 4 ounces pound thin brown rice noodles, or whole grain angel hair pasta**
- 8 (8 ½-inch) rice paper spring roll wrappers**
- 8 large lettuce leaves (such as Bibb, butter, or red leaf) torn into small pieces**
- ½ cup cilantro leaves**
- ½ cup mint leaves**
- ½ cup shredded carrot**
- 2 scallions, finely cut into 2 inch pieces**
- 8 large shrimp, cooked, peeled, and halved lengthwise**

Directions:

- 1. Bring a large pot of water to boil over high heat. Add rice noodles and cook until just soft, 2-4 minutes. Drain and rinse with cold water. Place in a bowl until ready to use.**
- 2. Place a clean, damp towel on work surface. Fill a large bowl with cold water. Place wrapper into the water until it is soft and pliable, about 15 seconds. Lay wrapper on the damp towel.**
- 3. Place the shrimp, cut-side up, in a row along the bottom third of the wrapper. Then top with 1/8 of the rice noodles, lettuce, cilantro, mint, carrot, and scallions.**
- 4. Fold over the bottom and sides. Roll wrapper upwards to form a neat roll shape.**
- 5. Serve with Asian Dipping Sauce (see recipe below)**

Asian Dipping Sauce:

- 3 tablespoons low-sodium soy sauce
- 3 tablespoons rice wine vinegar
- 1 teaspoon brown sugar
- 1 teaspoon minced ginger
- 1 tablespoon finely chopped scallions
- 1 tablespoon toasted sesame seeds
- ½ teaspoon sesame oil

For Dipping sauce: Whisk together all ingredients in a small bowl. Refrigerate

Nutrition Information for 1 Spring Roll and Dipping Sauce:

Calories: 110	Carbohydrates: 19g
Total Fat: 0.5g	Cholesterol: 26mg
Saturated Fat: 0g	Dietary Fiber: 1.5g
Sodium: 252 mg	Protein: 8g