

### **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