Simple Spring Rolls

Source: Your Body in Balance by Neal Barnard, MD; recipe by Lindsay S. Nixon

These tasty spring rolls are loaded with cabbage, a cruciferous vegetable high in vitamin C and other nutrients. Spice them up with a dash of sriracha sauce, if desired.

About the Recipe

72 Calories · 2 g Protein · 2 g Fiber
Lunch · Dinner

Ingredients

Makes 6 Servings

- 14-oz (397-g) bag coleslaw mix or cabbage, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 cucumber, thinly sliced
- 1 c (72 g) iceberg lettuce, shredded
- 1 bunch fresh basil (optional) **optional*
- 6 rice paper wraps
- 1 tsp (5 mL) Sriracha (optional) **optional*
- 1 tbsp (15 mL) hoisin sauce, thinned with water (optional) **optional*

Directions

1. Select a pan large enough for the rice paper to lie flat inside. Add 1 c (240 mL) very warm water to pan. Working with 1 sheet of rice paper at a time, soak for 20 seconds, or until it's pliable, but not “gummy bear” soft. Place soaked wrapper on a cutting board and gently flatten.
2. Place vegetables slightly below the center. Drizzle with Sriracha, if desired.

3. Pick up the edge closest to you and fold rice paper up and over the mound of filling. Fold right and left sides toward center. Pull the spring roll gently toward you as you roll it up like a burrito. Repeat with remaining wrappers and filling.
4. Serve with hoisin sauce (thinned with water) or sauce of your choice for dipping, if desired.

Nutrition Facts

Per spring roll (1/6 of recipe):

Calories: 84 kcal
Fat: 0.5 g
    Saturated Fat: <0.5 g
    Calories From Fat: 5%
Cholesterol: 0 mg
Protein: 2 g
Carbohydrates: 19 g
Sugar: 5 g
Fiber: 3 g
Sodium: 104 mg
Calcium: 38 mg
Iron: 0.6 mg
Vitamin C: 51 mg
Beta-Carotene: 395 mcg
Vitamin E: 0.5 mg