Simple Spring Rolls

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

Find this recipe and more in Your Body in Balance by Neal Barnard, MD!

About the Recipe

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

Ingredients

Makes 6 Servings

- coleslaw mix or thinly sliced cabbage (1 14-ounce bag)
- thinly sliced red bell pepper (1 cup)
- diced cucumber (1 1/4 cups)
- shredded lettuce (1 cup)
- fresh basil (1 cup)
- rice paper wraps (6)
- sriracha (to taste)
- hoisin sauce, thinned with water (to taste)

Directions

1. Gather ingredients. Select a pan large enough for the rice paper to lie flat inside. Add 1 cup 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 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: 72  
Protein: 2 g  
Carbohydrate: 16 g  
Sugar: 3 g  
Total Fat: 0.5 g  
   Calories from Fat: 4%  
Fiber: 2 g  
Sodium: 57 mg