



Thai Spring Rolls

6 servings

Ingredients:

- 6 spring roll wrappers (available in Asian markets)
- 12 medium shrimp, cooked and shelled or 1.5 cups cooked shredded chicken
- 1 cup shredded leaf lettuce
- 1/3 cup chopped cilantro
- 1/2 cup peeled, seeded, chopped cucumber
- 1 medium carrot, julienned

Quick Thai Dipping Sauce:

- 1 tablespoon light soy sauce
- 1 tablespoon white-wine vinegar or rice vinegar
- 3 tablespoons mirin
- 1/4 teaspoon grated ginger root (optional)

Directions:

1. In a bowl of cool water, soak a wrapper until limp. Lay wrapper out flat.
2. Place 1/6 of each ingredient down middle of wrapper, starting with lettuce.
3. Fold over each end and tightly roll the wrapper around the contents, as if making a burrito. Moisten at seam; press to close.
4. Lay on plate, cover with moist paper towel and refrigerate until ready to serve. Then slice in two and serve with Quick Thai Dipping Sauce, below, or peanut sauce.
5. To make the Quick Thai Dipping Sauce, combine all ingredients in a small bowl.

Nutrition Information based on 1 serving (using shrimp):

Calories: 75 Total Fat: 0.3 g Total Carbohydrate: 12.8 g Dietary Fiber: 0.5 g
Protein: 3.5 g Sodium: 290 mg Calcium: 14.5 mg Iron: 0.5 mg

University of Delaware Cooperative Extension In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs).

Remedies and complaint filing deadlines vary by program or incident.