

Fresh Lumpia (Lumpiang Sariwa)

From the U.S. Department of Health & Human Services

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=1&clId=10&rId=260&AspxAutoDetectCookieSupport=1>

Note: The meat in this recipe can be left out or substituted with firm tofu.

Ingredients

For filling

- 1 Tbsp olive oil
- ½ C ground chicken breast or lean pork
- ½ C shrimp, peeled and deveined
- 2 cloves garlic, chopped
- ½ C cabbage, julienned
- ½ C green beans, julienned
- ½ C carrots, julienned
- ¼ C celery, julienned
- ¼ C jicama, julienned
- ½ C low-sodium chicken broth
- ¼ tsp salt
- ¼ tsp black pepper

For lumpia sauce

- 1 C broth from preparing the filling
- 1 Tbsp lite soy sauce
- 1 Tbsp brown sugar
- 3 cloves garlic, minced
- 1 tsp cornstarch
- 2 Tbsp cold water

For wrap

- 8 Vietnamese spring-roll wrappers or lumpia wrappers
- 8 pieces red leaf lettuce
- ½ C dry roasted peanuts, chopped

Instructions

1. Prepare the filling: Heat oil in a sauté pan, and sauté the ground meat with the shrimp and garlic.

2. Add the vegetables (cabbage, green beans, carrots, celery, and jicama), and sauté until slightly crisp.
3. Add the chicken broth and continue until vegetables are cooked. Season with salt and black pepper.
4. Remove from heat and use a colander to strain; save the broth for use in preparing the lumpia sauce (steps below). Let meat and vegetable mixture cool to room temperature.
5. Meanwhile, prepare the sauce: Mix 1 cup of the broth strained from the cooked filling, soy sauce, brown sugar, and garlic together in a saucepan, and bring to a boil.
6. In a small bowl, mix the cornstarch in 2 tablespoons of cold water. Slowly add the cornstarch mixture to the broth in the saucepan. Stir over medium heat until sauce thickens.
7. To assemble the spring rolls: Soak one spring roll wrapper in warm water until soft and transparent. Dry immediately with a paper towel.
8. Place the wrapper on a plate and lay a piece of lettuce on the wrapper. Put 2 tablespoons of the meat and vegetable mixture on the wrapper.
9. Fold bottom of wrapper over filling; wrap one side over filling and roll to the other side (to seal in the filling).
10. Repeat with remaining wrappers and filling.
11. Serve with lumpia sauce on top. Sprinkle with chopped peanuts.

Makes 8 servings

Nutrition information per serving

Calories: 160	Dietary Fiber: 2 g
Total Fat: 4 g	Sodium: 150 mg
Saturated Fat: 1 g	Protein: 10 g
Cholesterol: 55 mg	Carbohydrates: 21 g