

Vietnamese Fresh Spring Rolls

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=17&cId=10&rId=247>

Ingredients

- 1 cup carrots, cut into long, thin strips
- 2 cups bean sprouts
- 2 cups cucumber, seeded and cut into long, thin strips
- 1 cup minced scallions
- 1/2 cup chopped fresh cilantro
- 1/4 cup chopped fresh mint
- 8 rice paper wrappers

Instructions

1. Toss first six ingredients in a large bowl.
2. Soak one rice paper wrapper in warm water until soft (1 to 2 minutes). Shake off excess water.
3. Place vegetable filling off-center on rice paper, and fold like an egg roll (tuck in the sides to keep the filling inside).
4. Repeat with remaining vegetable filling and rice paper wrappers.
5. Once you have assembled all of the spring rolls, serve immediately.

Makes 8 servings, 1 roll per serving

Nutrition information per serving

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|--------------------|---------------------|
| Calories: 70 | Dietary Fiber: 2 g |
| Total Fat: 1 g | Sodium: 28 mg |
| Saturated Fat: 0 g | Protein: 3 g |
| Cholesterol: | Carbohydrates: 16 g |

