

Vietnamese Summer Rolls

Ingredients:

Rolls:

- 1 cup thinly sliced Bibb lettuce
- 1/2 cup bean sprouts
- 1/2 cup cooked bean threads (cellophane noodles, about 1 ounce uncooked)
- 1/2 cup shredded carrot
- 1/4 cup chopped green onions (about 2)
- 1/4 cup thinly sliced basil
- 1/4 cup chopped mint
- 6 ounces cooked peeled and deveined shrimp, coarsely chopped
- 8 (8-inch) round sheets rice paper®

Dipping sauce:

- 1 tablespoon sugar
- 2 tablespoons rice wine vinegar
- 2 tablespoons fresh lime juice (about 1 lime)
- 1 teaspoon chile paste with garlic (such as sambal oelek)
- 1 teaspoon low-sodium soy sauce

Directions:

- To prepare the rolls, combine the first 8 ingredients.
- Add hot water to a large, shallow dish to a depth of 1 inch. Place 1 rice paper sheet in dish; let stand 30 seconds or just until soft. Place sheet on a flat surface. Arrange 1/3 cup shrimp mixture over half of sheet, leaving a 1/2-inch border. Folding sides of sheet over filling and starting with filled side, roll up jelly-roll fashion. Gently press seam to seal. Place roll, seam side down, on a serving platter (cover to keep from drying). Repeat procedure with remaining shrimp mixture and rice paper sheets.
- To prepare dipping sauce, combine sugar and remaining ingredients; stir with a whisk. Serve with summer rolls.

Yield: 4 servings (serving size: 2 rolls and about 1 1/2 tablespoons dipping sauce)

Nutritional Information: CALORIES 164 (5% from fat); FAT 0.9g (sat 0.2g, mono 0.1g, poly 0.3g); IRON 2.2mg; CHOLESTEROL 83mg; CALCIUM 43mg; CARBOHYDRATE 27.1g; SODIUM 206mg; PROTEIN 12.3g; FIBER 1.2g

Recipe Source: Cooking Light, AUGUST 2008

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.