Spring Rolls

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Turn fresh veggies into a simple snack to go.

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Spring Rolls ☆☆

Servings: 5 (232 g) | Prep Time: 30 Minutes | Cook Time: 5 Minutes

☆= Good; ☆☆= Better; ☆☆☆= Best

Ingredients

- ½ c. bamboo shoots, rinsed, drained, and shredded
- 2 cucumbers, seeded and cut into thin sticks
- 2 carrots, thinly sliced
- 1 c. bean sprouts
- 2 c. Napa cabbage, finely chopped
- 10 rice paper wrappers (6 in.)
- ½ c. sugar-free apricot preserves
- ¼ t. sesame oil
- 1 T. low-sodium soy sauce
- ½ t. hot pepper sauce

Directions

1. In a large bowl, toss bamboo shoots, carrots, cucumbers, bean sprouts, and cabbage. Divide into 10 equal portions.

2. Soak one rice paper in warm water until softened, about 30 seconds. Lay the rice paper on a clean, flat surface. Place one portion of the vegetable mixture in the center of the rice paper. Fold the left and right sides into the middle until almost touching. Roll paper from the bottom to form a roll. Repeat for remaining rice papers. Set aside.

3. To make sauce, combine the remaining ingredients in a small saucepan over high heat. Bring to boil, stirring constantly. Boil for 2 minutes. Serve cold spring rolls with warm sauce for dipping.

Nutritional Analysis Per Serving: *Calories 125; Calories from Fat 10; Total Fat 1 g (1% Daily Value); Saturated Fat 0 g (1% DV); Trans Fat 0 g; Cholesterol 0 mg (0% DV); Sodium 155 mg (6% DV); Total Carbohydrate 31 g (10% DV); Dietary Fiber 2 g (8% DV); Sugars 6 g; Protein 5 g (0% DV); Vitamin A 90% DV; Vitamin C 15% DV; Calcium 4% DV; Iron 4% DV.*

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