Spring Rolls

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

Ingredients

- ½ c. bamboo shoots, rinsed, drained, and shredded
- 2 carrots, thinly sliced
- 2 cucumbers, seeded and cut into thin sticks
- 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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March

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
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May

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
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31						

April

TIP: Bamboo shoots, rice paper wrappers, and bean sprouts can usually be found in the ethnic dried goods or frozen sections of your local grocery store.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 April Fool's Day	2	3 Good Friday Passover Begins	4
5 Easter	6 Public Health Week April 6-12	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Patriot's Day	21	22	23	24	25
26	27	28	29	30	1	2