



## FEATURED RECIPE:

# Vietnamese Fresh Spring Rolls

### *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/green onions
- 1/2 cup chopped fresh cilantro
- 1/4 cup chopped fresh mint
- 8 rice paper wrappers (ask at your supermarket)

### *Directions*

Toss first 6 ingredients in a large bowl. Soak one rice paper wrapper in warm water until soft (1 to 2 minutes). Shake off excess water. Place vegetable filling off-center on rice paper and fold like an egg roll (tuck sides to keep filling inside). Repeat with remaining vegetable filling and wrappers. Serve immediately.

### **Makes 8 servings.**

Per serving (1 roll):  
70 calories, 1 g fat,  
28 mg sodium, 2 g fiber,  
3 g protein, 16 g carbohydrates

*From the NIH Your Health Is Golden! Heart Health Promotion Activities for Vietnamese Communities*