



WESTERN WISCONSIN HEALTH

VEGETABLE SPRING ROLLS

- 1/2 C. shredded daikon (Oriental white radish) or radishes
- 2 green onions, thinly sliced
- 2 T. rice vinegar
- 1 small fresh jalapeno or Serrano pepper, seeded and finely chopped
- 1 tsp. sugar
- 1/2 tsp. toasted sesame oil
- 1/2 C. shredded carrot
- 1/2 C. bite size cucumber strips
- 2 T. snipped fresh cilantro
- 1 T. reduced-sodium soy sauce
- 1 C. warm water
- 6 (8 1/2") rice papers
- 1 1/2 C. shredded Boston or curly leaf lettuce

Nutrition Facts

Serving Size (52g)
Servings Per Container

Amount Per Serving

Calories 30 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 95mg **4%**

Total Carbohydrate 6g **2%**

Dietary Fiber 0g **0%**

Sugars 2g

Protein 1g

Vitamin A 20% • Vitamin C 6%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

In a small bowl, combine daikon, green onions, vinegar, jalapeno pepper, sugar and sesame oil. In another small bowl combine shredded carrot, cucumber strips, cilantro and soy sauce. Cover both mixtures; refrigerate for 2 to 24 hours, stirring once. Drain both mixtures. Pour the warm water into a pie plate. Carefully dip rice papers into water, one at a time. Place papers, not touching, on clean dry kitchen towels. Let soften for a few minutes until pliable. Place 1/4 cup shredded lettuce on each rice paper near one edge. Place about 1 rounded tablespoon of each vegetable mixture on the lettuce. Fold in the ends. Beginning at that edge, tightly roll the rice paper. Place, seam side down, on a plate. Cover with a damp towel. Repeat with the remaining fillings and papers. Cover and refrigerate up to 2 hours. To serve, cut each roll in half crosswise on a diagonal to make 12 pieces.

NUTRITION FACTS: Serving size: 12 servings