



SPRING ROLLS WITH PEANUT SAUCE

ingredients:

6 round rice paper wrappers
9 large shrimp (about 4 1/2 ounces),
cooked, peeled, sliced in half
lengthwise
12 fresh mint leaves
1/2 yellow bell pepper, cut into thin strips
1/2 red bell pepper, cut into thin strips
1/2 cup shredded carrot
1/2 cup shredded red cabbage

Sauce:

1/4 cup creamy peanut butter
2 teaspoons light soy sauce
1 Tablespoon hoisin sauce
1 teaspoon Sriracha sauce
1 teaspoon grated ginger
1/3 cup hot water

directions:

1. Fill a large bowl with warm water. Very carefully and gradually, dip 1 rice paper at a time in the water for about 30 seconds until softened. Carefully remove from bowl and lay on a clean cloth. Make sure they lay flat; straighten any wrinkles.
2. Lay 3 shrimp halves in the center and put a mint leaf in between each shrimp half. Top with 1/6 of the yellow pepper strips, red pepper strips, carrot and red cabbage. Keep about 2 inches of the rice paper on each side uncovered.
3. Fold uncovered sides inward and then carefully and tightly roll the rice paper. Repeat with the rest of the ingredients to make 6 spring rolls.
4. When serving, make sure the rolls don't touch each other, and keep them covered with a damp cloth until ready to serve.
5. For the dip, mix together the peanut butter, soy sauce, hoisin sauce, Sriracha sauce and grated ginger in a small bowl. Add hot water until you reach the desired consistency.

Yield: 6 rolls

Nutrition Information Per Serving:

212 Calories
9 grams Fat
1.5 grams Saturated Fat
65 mg Cholesterol
375 mg Sodium
20 grams Carbohydrates
2 grams Fiber
15 grams Protein

Food exchanges:

1 starch, 1 vegetable,
2 protein



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