



Fresh Spring Rolls with Chili Dipping Sauce

Prep: 1 hour • Serves: 4

Chili Dipping Sauce

- 2 garlic cloves, minced
- ¼ cup rice vinegar
- 1 tablespoon sesame oil
- 1 tablespoon granulated sugar
- 1 tablespoon Sriracha hot chili sauce
- 1 tablespoon nut topping

Spring Rolls

- 8 spring roll wrappers
- 24 fresh cilantro leaves
- 16 large fresh mint leaves
- 1 medium avocado, peeled, pitted and thinly sliced
- 1 green onion, cut crosswise into 2-inch pieces then thinly sliced lengthwise (about ¼ cup)
- ½ red bell pepper, cut into matchstick-thin strips (about ½ cup)
- ⅛ medium English (seedless) cucumber, cut into matchstick-thin strips (about ⅓ cup)
- ½ medium carrot, cut into matchstick-thin strips (about ¼ cup)
- 32 cooked small salad shrimp (about 2 ounces)

1. Prepare Chili Dipping Sauce: In medium bowl, whisk together all ingredients except nut topping. Cover with plastic wrap and refrigerate until ready to serve.

2. Prepare Spring Rolls: In pie plate or round cake pan, add warm water. Working with 1 wrapper at a time, soak wrapper in warm water 2 to 3 minutes or until flexible and transparent. Place wrapper on work surface. Arrange 3 cilantro leaves and 2 mint leaves on bottom half of wrapper, leaving 1-inch border around edge of wrapper. Top with some avocado, then green onion, bell pepper, cucumber, carrot and 4 shrimp. Fold sides of wrapper over filling, then roll tightly to enclose filling completely, being careful not to tear wrapper. Repeat with remaining wrappers and fillings.

3. To serve, sprinkle nut topping over dipping sauce. Cut spring rolls in half; serve with dipping sauce.

Approximate nutritional values per serving:

222 Calories, 10g Fat (1g Saturated), 28mg Cholesterol, 116mg Sodium, 29g Carbohydrates, 3g Fiber, 7g Protein

Helpful tips:

Wrap prepared spring rolls in plastic wrap and refrigerate up to 2 days.

Try serving with plum sauce in addition to the Chili Dipping Sauce.

Though high in fat, avocados offer both monounsaturated and polyunsaturated fats which support a heart-healthy diet.