

Fresh Spring Rolls with PB Sauce

Makes
12 servings

Prep time
20 minutes

Cook time
10 minutes

Good source of
Fiber
Protein

Ingredients:

- 3 bunches bean thread noodles
- 1 garlic clove, finely minced
- 1 Tbsp. finely minced fresh ginger
- 2 Tbsp. soy sauce
- 1 Tbsp. peanut butter
- 1 Tbsp. vegetable oil
- 3 Tbsp. water
- ½ tsp. black pepper
- Juice of ½ kalamansi or lemon
- Warm water for soaking
- 12 rice paper wrappers
- 12 small lettuce leaves
- 1 large chicken breast, boiled and shredded
- 1 large carrot, sliced into thin sticks
- 1 cucumber, sliced into thin sticks
- 1 package bean sprouts

Nutrition Facts

12 servings per container
Serving size 1 roll (85g)

Amount per serving
Calories **120**

% Daily Value*

Total Fat 2g **3%**
 Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 130mg **6%**

Total Carbohydrate 20g **7%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 5g

Vitamin D 0mcg **0%**

Calcium 17mg **2%**

Iron 1mg **6%**

Potassium 148mg **4%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. In a pot of boiling water, cook bean thread noodles for 2 to 3 minutes, until pliable. Strain and set aside.
2. In a small bowl, mix garlic, ginger, soy sauce, peanut butter, vegetable oil, water, black pepper, and lemon juice. Whisk until smooth.
3. To make the rolls, gently dip a sheet of rice paper into warm water and let soak for 10 seconds or until pliable.
4. Place the dampened rice paper on a clean, flat surface, like a cutting board or large, flat plate.
5. On the bottom third of rice paper closest to you, place a small lettuce leaf, leaving 1-inch of space from the edges of the wrapper.
6. Layer noodles, carrots, cucumber, and bean sprouts on top of the lettuce leaf. Add shredded chicken and spread about 1 tsp. of the peanut butter sauce on top of the chicken.
7. To close the roll, begin by folding the left and right sides of the wrapper towards the middle. With the edge closest to you, roll the fillings upwards towards the top edge, keeping the roll tight.
8. Repeat steps 2 to 6 with remaining ingredients. Serve with remaining peanut butter dipping sauce if desired.

