

## Spring Rolls

### Directions (10 Each):

- 2 cups of thinly sliced Napa cabbage
- 2 cups of rice noodles cooked and chilled
- 2 cups of shredded chicken meat
- 1 ounce of soy sauce
- 1/4 cup prosciutto minced or julienne
- 3 scallions sliced
- 1 tbs of toasted sesame seeds
- 1/2 tbs of fish sauce
- 1 clove of minced garlic
- 1 tsp of Tabasco
- 1 tsp of sesame oil
- 1/2 tsp of grated fresh ginger
- Tsp basil
- Tsp of mint
- Tsp of cilantro
- 1/4 cup finely minced peanuts or almonds
- 10 rice paper wrappers
- Pickled turnips for serving

### Method:

1. Microwave or lightly sauté the shredded cabbage and then combine the cabbage with the remaining ingredients, except for the wrappers.
2. Moisten one or two rice paper wrappers in warm water and place on a clean flat weave cloth such as a linen napkin.
3. Place the filling in the center of the wrapper and roll, tucking in the sides so the filling is completely encased.
4. When ready to serve steam or microwave them and garnish with pickled turnips and cilantro.

### Nutrition for 1 spring roll:

## Nutrition Facts

Servings 10.0

Amount Per Serving

**Calories** 178

**% Daily Value \***

**Total Fat** 5 g **8 %**

Saturated Fat 1 g **7 %**

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

**Cholesterol** 13 mg **4 %**

**Sodium** 805 mg **34 %**

**Potassium** 31 mg **1 %**

**Total Carbohydrate** 18 g **6 %**

**Dietary Fiber** 1 g **4 %**

**Sugars** 0 g

**Protein** 16 g **33 %**