

Vietnamese Fresh Spring Rolls & Hoisin Sauce

Makes 10 spring rolls &
8 tablespoons hoisin sauce

Ingredients:

Spring Rolls

- 7 ounces thin rice noodles
- 10 rice paper wrappers
- 1 bunch spinach leaves (about 4-5 per roll)
- Small bundle of fresh mint leaves
- Small bundle of fresh basil & cilantro
- 3 carrots, peeled & grated



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Hoisin Sauce

- 4 tablespoons soy sauce
- 2 tablespoons black bean paste
- 1 tablespoon honey
- 2 teaspoons white vinegar
- 1/8 teaspoon garlic powder
- 2 teaspoons sesame oil
- 1/4 teaspoon pepper
- 1 teaspoon hot sauce (optional)

Nutrition Facts

Spring Rolls

Serv. size 1 spring roll (121g)
Servings: 10
Calories: 103
Fat Cal.: 3

Hoisin Sauce

Serv. size 1 tablespoon (19g)
Servings: 8
Calories: 33
Fat Cal.: 10

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Total Carb. 23g	8%
Sat. Fat 0g	0%	Fiber 2g	8%
Trans. Fats 0g		Sugars 1g	
Cholest. 0mg	0%	Protein 2g	
Sodium 86mg	4%		
Vitamin A 130%	Vitamin C 20%	Calcium 4%	Iron 8%

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 1g	2%	Total Carb. 5g	2%
Sat. Fat 0g	0%	Fiber 0g	0%
Trans. Fats 0g		Sugars 4g	
Cholest. 0mg	0%	Protein 1g	
Sodium 463mg	20%		
Vitamin A 0%	Vitamin C 0%	Calcium 0%	Iron 2%

Steps:

- 1) Soak thin rice noodles in hot water for 10-15 minutes or until soft. Drain and rinse with cold water.
- 2) Fill a large bowl with hot water. Dip 1 rice paper wrapper in the water and soak it until slightly softened, about 10-20 seconds
- 3) Carefully remove the rice paper from the water and lay it flat on a cutting board. In the center of the rice paper, lay a leaf of lettuce, some noodles, mint leaves, cilantro, basil and carrots. Leave 1 inch of space on the left and right sides.
- 4) Fold the right and left sides of the rice paper in. Then fold the bottom of the rice paper over the vegetables. Next, roll it up tightly like a burrito or an egg roll. Repeat until all ingredients are gone.
- 5) Mix all hoisin sauce ingredients together in a bowl.
- 6) Cut spring rolls in half and serve right away with honeydew melon and the hoisin dipping sauce.

This recipe was developed through Eat Better, Feel Better, a school-based, community partnership that creates healthier school environments through healthy eating and active living (funded by SNAP - Supplemental Nutrition Assistance Program).