



## 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 (41% of total calories), 1g Saturated Fat (4% of total calories), 28mg Cholesterol, 116mg Sodium, 29g Carbohydrates, 3g Fiber, 7g Protein

### Chef 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.