



Thai-style Spring Rolls

Recipe courtesy Chef Bryan Woolley

3 sheets of rice paper

Basil Sauce

1 T fat-free mayonnaise

1 T prepared pesto

1/2 t Dijon mustard

Thai Sauce

1 T fat-free mayonnaise

1 T Thai chili sauce

Filling

1 c carrots, shredded

1 c broccoli slaw or chopped broccoli

2 bell peppers, sliced

1 c mushrooms, sliced

6 oz chicken breast, sliced

1. Make the sauce of your choice by combining the ingredients in a small bowl. (If you prefer one sauce to the other, just double that recipe.)
2. Place the rice papers one at a time in a flat dish filled with hot water. Immerse for 5 seconds. Remove from the water and lay flat on a clean kitchen towel.
3. Spread desired sauce on the rice paper then fill with 1/3 of the vegetables and meat.
4. Fold in sides of the paper to form a seal, and then roll from the bottom of the circle away from you to form an egg roll shape.
5. Repeat until all three rice papers have been filled. Slice each roll in half and serve!
6. Makes 6 rolls.

Nutrition Facts

Serving Size: 1 Roll

Calories: 90

Total Fat: 2g

Saturated Fat: 0g

Cholesterol: 20mg

Sodium: 110mg

Carbohydrates: 9g

Dietary Fiber: 2g

Protein: 9g

Diabetic Exchanges

Protein: 1

Fat: 0.4

Carbohydrates: 0.6