Dinner, Asian

Crisp Chicken and Vegetable Rice Paper Rolls

Cool, fresh rolls filled with tender chicken and crunchy vegetables, wrapped in soft rice paper and served with a gingery soy dipping sauce.



Nut free

20 min	230	25 g	2 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 cup cabbage (shredded)
- [ ] 1 1/2 cup cooked chicken (shredded)
- [ ] 1/2 cup carrots (shredded)
- [ ] 1/2 cup cucumber(s) (diced)
- [ ] 1/4 cup fresh cilantro (chopped)
- [ ] 1/2 cup shiitake mushrooms (thinly sliced)
- [ ] 1 stalks green onion (scallion) (chopped)
- [ ] 8 whole rice paper spring roll wrappers
- [ ] 2 tbsp lower sodium soy sauce
- [ ] 3 tbsp rice wine vinegar
- [ ] 2 tbsp hot water
- [ ] 1 tbsp olive oil
- [ ] 1 tsp ground ginger

Nutrition Facts

Per serving

Calories	230
Total fat	6 g
Saturated fat	1 g
Sodium	430 mg
Total carbs	25 g
Fiber	1 g
Total sugars	2 g
Protein	20 g

Method

- [ ] **1** Toss the cabbage, cooked chicken, carrots, cucumber, fresh cilantro, shiitake mushrooms and green onion together in a medium bowl.
- [ ] **2** Whisk the lower sodium soy sauce, rice wine vinegar, hot water, olive oil and ground ginger in a small bowl until blended.
- [ ] **3** Dip a rice paper spring roll wrapper in water for 10-15 seconds and shake off the excess.
- [ ] **4** Spoon about 1/3 cup of the chicken mixture onto the lower part of the wrapper.
- [ ] **5** Fold the edge closest to you over the filling, then fold both side edges in tightly.
- [ ] **6** Roll the wrapper away from you to seal, then repeat with the remaining wrappers and filling.
- [ ] **7** Serve the rolls alongside the dipping sauce.

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