HEART-HEALTHY RECIPE





MAKES 4 SERVINGS OF OF OF

Summer Rolls

• 4 rice paper wrappers

INGREDIENTS

- 1/4 pound rice noodles, soaked in hot water and drained
- 8 poached large shrimp, de-shelled and butterflied
- 1 English cucumber, cut into 1/4 inch thick strips
- 1/4 cup Thai basil leaves

DIPPING SAUCE

- 1/4 cup fish sauce
- Juice of 4 limes
- 2 teaspoons sugar
- 2 fresh Thai bird chiles, minced
- 2 tablespoons shredded carrots

- Fill a rectangular baking dish halfway with warm water.
- Add wrappers and soak until just softened, about 2 to 3 minutes.

Shrimp-Cucumber

- Remove from water and place on a lint-free kitchen towel to drain and dry.
- Place a sheet of rice paper on flat surface and, in lower third of roll, place noodles, leaving about a 1-inch border.
- Top with shrimp (2 per roll), cucumbers, and basil.
- Roll tightly starting at bottom, fold in sides and continue to roll; place seam-side down.
- Slice each roll on a diagonal and serve with dipping sauce.

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