

Summer Salad Rolls

with Spicy Peanut and Lime Sauce

The carrots, cabbage and lettuce make this recipe a creative way to get your vegetables. Two rolls will give you more than one full serving of Vegetables and Fruit from Canada's Food Guide! These work well as an appetizer or a snack for summer days when you want to avoid turning on the stove or oven.



Ingredients:

Summer Salad Rolls

½ of 2 oz package	Rice noodles	½ of 60 g package
1½ Tbsp	Rice vinegar	22 mL
1 head	Iceberg lettuce, separated	1 head
2 Tbsp	Roasted peanuts, crushed	30 mL
¾ cup	Shredded, cooked chicken or diced, cooked shrimp	175 mL
1 medium	Scallion, cut into 2 inch/5 cm julienne strips	1 medium
¼ cup	Carrot, finely shredded	60 mL
⅓ cup	Napa cabbage, thinly sliced	75 mL
¼ cup	Fresh basil leaves, chopped	60 mL
¼ cup	Fresh mint leaves	60 mL

Spicy Peanut and Lime Sauce

1 clove	Minced garlic	1 clove
¼ tsp	Hot red pepper flakes	1 mL
1 tsp	Canola oil	5 mL
	Zest of one lime	
1 Tbsp	Lime juice	15 mL
¼ cup	Chunky peanut butter	60 mL
2 Tbsp	Hoisin sauce	30 mL
½ tsp	Sugar	2 mL
as needed	Water	as needed

Directions:

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1. Soak noodles in very hot water for 15 minutes and then drain in colander.

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- Cut noodles into 3–4 inch (8–10 cm) lengths and toss with vinegar in a medium bowl.
- Add remaining ingredients, except lettuce, and toss gently.
- Cut out ribs from lettuce leaves and discard.
- Place 2 Tbsp (30 mL) of filling at one edge of a lettuce leaf. Fold in outer edges, roll up like an egg roll and secure with toothpicks.
- Serve with spicy peanut and lime sauce (see below).

Spicy Peanut and Lime Sauce

- Put all ingredients, except water, in a blender or food processor.
- Pulse until blended.
- Add water 1 Tbsp (30 mL) at time and pulse until sauce is smooth but not runny.
- Sauce may be made ahead of time and chilled.

Makes 16 rolls, 8 servings (2 rolls/ 115 g)

Source: developed by Terry B. for Apple E-Parenting newsletter, Alberta Health Services.

Nutrition Facts	
Per 1/8 of recipe (2 rolls with sauce/ 115 g)	
Amount	% Daily Value
Calories 120	
Fat 6 g	9 %
Saturated 1 g + Trans 0 g	5 %
Cholesterol 10 mg	
Sodium 90 mg	4 %
Carbohydrate 10 g	3 %
Fibre 2 g	8 %
Sugars 4 g	
Protein 8 g	
Vitamin A	15 %
Vitamin C	6 %
Calcium	2 %
Iron	6 %

Nutrient Claim	Amount per serving
Source of fibre	2 g
Low in saturated fat	1 g
Low in sodium	90 mg
Source of potassium	260 mg
Source of magnesium	31 mg
Source of folate	17 mcg
Source of iron	0.8 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1 ½
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	½

This is a Choose Sometimes recipe (Mixed Dishes–Meat based) according to the Alberta Nutrition Guidelines.