

## Low Protein Salad Rolls



### Ingredients:

120g shredded or julienned carrots (37mg phe)  
 130g chopped cabbage (I used coleslaw mix) (40mg phe)  
 175g bean sprouts (205mg phe)  
 100g chopped water chestnuts (34mg phe)  
 60g chopped green onion (40mg phe)  
 Salt & pepper to taste  
 2tbsp sesame oil  
 1pkg mung bean vermicelli noodles (40mg phe)  
 14 rice paper wrappers (label said 0.4g of protein each)  
 Fresh basil – one leaf per roll  
 Optional – your favorite hot sauce!  
 Sweet Thai chilli Sauce

### Nutritional Information:

Makes 14 salad rolls. Each roll is 48mg of phe (3.2 exchanges) including the wrapper which, at 0.4g of protein each was counted as 20mg of phe (1.33 exch).

### Directions:

Lightly sauté the first 5 ingredients in the sesame oil, literally just a few minutes to soften and combine the flavours. Add salt & pepper as desired. Set aside.

Drop the rice noodles in boiling water per package directions until soft, then drain and rinse with cold water.

Put a plate on your kitchen scale. Set up a pan/bowl of hot water large enough to submerge each rice paper wrapper. For each spring roll, submerge a wrapper until soft and pliable then place on the plate on the scale. Add 30 grams of the vegetable mixture and 15 grams of cooked rice noodles. Wrap per the package instructions and voila! Serve with plum sauce or sweet chili sauce and let the whole family enjoy.