
Thai Summer rolls

Linda Burner Augustine

Servings: 4

Appetizer

Avacado and shrimp can be added and also all meat can be removed for vegetarian

Summer roll mixture

1/2 cup Rice stick noodles, cooked, drained and rough chopped

1/2 cup carrot, shredded

1/2 cup shredded cabbage

1/2 cup bean sprouts, chopped

2 tablespoons fresh cilantro, chopped

2 tablespoons green onion, chopped

2 teaspoons fish sauce

1 teaspoon lime juice

Optional ingredients

ground pork, Cooked and drained

avocado, Cut into thin strips

Chinese style BBQ pork , cut into thin strips

Shrimp , cooked and served as desired

1/2 package Rice paper wrappers , Follow directions

Cook ground pork over medium heat mixing so not to brown. When done strain off fat and place on sausage on paper towel

While pork is cooking soak rice stick noodles in hot water for approximately 10 minutes until soft. Strain off, cut rough and add to sausage

Add in rest of ingredients except spring roll skins

Soak spring roll skins in hot water until they just turn soft enough to roll . " About 105 degree water" Remove from water and place on towel to remove excess moisture.

Place lettuce, some of the mixture, avacado and other desired ingredients onto the center of the wrapper. Follow wrapper directions for rolling

Serve with Thai Peanut sauce and Sweet chili sauce

Yield: 8 each

Per Serving (excluding unknown items): 20 Calories; trace Fat (17.9% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 9mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.