

# Rainbow Spring Rolls

**Serving Size** 1 roll

**Servings** 2

**Prep Time** 5-10 min

**Cook Time** 0 min



## Nutrition Information

Calories	361.7
Fat	7.4 g
Saturated fat	1 g
Polyunsaturated fat	1.1 g
Monounsaturated fat	4.3 g
Cholesterol	0 mg
Sodium	120.9 mg
Carbs	73.5 g
Fiber	19.9 g
Protein	4.9 g

## Health Benefit

[Low Cholesterol](#)

## Ingredients

8 [rice papers](#) (spring roll wrappers)

2 [carrots](#), sliced

2 [bell peppers](#) (any color), cut into strips

1/2 [cucumber](#), cut into strips

1/2 [avocado](#), sliced thinly

1/2 [jicama](#), cut into strips (optional)

1/2 cup [mixed greens](#), loosely chopped

## Directions

1. Prepare fillings and set aside.
2. Dampen rice papers, one at a time, for 10-15 seconds in warm water (be careful not to break the paper—it may take a few tries). Lay paper flat on a plate and add 2 tablespoons of filling to the bottom. Fold over the right and left sides of paper. Fold bottom paper over fillings and toward the top. Seal top, bottom and sides to form a rectangular roll.

3. Cut rolls in half with a wet knife and serve with a side salad, if desired.
4. TIP: Try this recipe with our Ginger-Tahini Dipping Sauce or your favorite low calorie sauce.
5. Handy Hint: Feeling like dumplings? Add 1 tablespoon of fillings to papers and shape into triangular pouches. Steam for 5-10 minutes at least 1" apart.

Jackie Gentilesco