

# Jerry Springrolls

Vegetable-filled spring rolls with a spicy, Thai dipping sauce

*could spruce up the filling a little bit more*

Today's topic: Snacks from both sides of the tracks.

You'll be the host with the most when you serve your friends these light-tasting spring rolls. We've lowered the fat rating by censoring all the heavyweight, controversial ingredients.

## Dipping Sauce

**3/4 cup water**

**2 tsp cornstarch**

**1/3 cup seasoned rice vinegar**

**1/4 cup brown sugar**

**1-1/2 tbsp reduced-sodium soy sauce**

**1 tbsp grated gingerroot**

**1 clove garlic, minced**

**1/4 tsp crushed red pepper flakes**

**2 oz rice vermicelli noodles, uncooked (see Cooking 101)**

**1 cup each grated carrots and chopped bean sprouts**

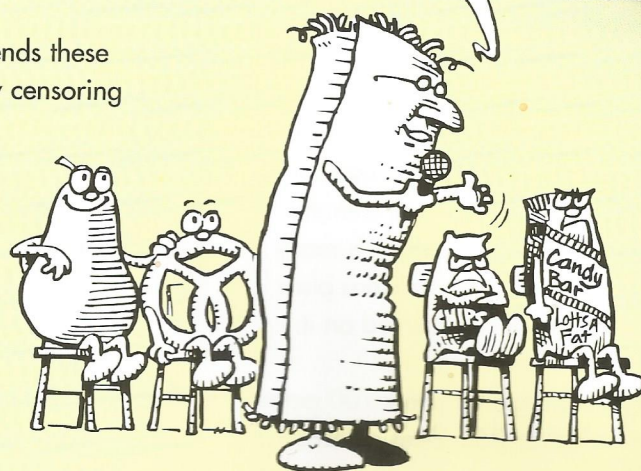
**1/2 cup peeled, seeded, and finely chopped cucumber**

**1/2 cup chopped green onions and chopped, fresh mint leaves**

**2 tsp sesame oil**

**14 6-inch rice papers (see Cooking 101)**

- Whisk together all sauce ingredients in a small saucepan. Heat over medium-high heat until mixture comes to a boil and thickens slightly. Remove from heat and let cool to room temperature.
- Boil vermicelli in a large pot of water for 4 minutes, until tender. Drain, rinse with cold water, and drain again. Blot dry using paper towels.



- Coarsely chop noodles and place them in a medium bowl along with carrots, bean sprouts, cucumber, green onions, and mint leaves. Mix well. Add sesame oil and mix again.
- Fill a mixing bowl with 3 inches of hot water. Keep some boiling water handy to add to the bowl as the water cools. Working one at a time, soak rice papers in hot water for about 30 seconds, or until soft and pliable (time will vary with brand of rice paper). Transfer to a clean kitchen towel, lay wrapper flat, and blot dry.
- Place 1/4 cup filling in center of wrapper. Using your fingers, shape filling into a 3-inch-long cylinder. Fold bottom edge over filling and roll once to enclose. Fold in sides and continue to roll up tightly. (Pressing down on filling as you roll helps to tighten it.) Place seam-side down on a plate and cover with a damp towel. Repeat process with remaining wrappers and filling. Keep at room temperature until ready to serve.
- Serve spring rolls with dipping sauce within 3 hours of making them, otherwise they'll dry out.

**Makes 14 spring rolls**

Per roll: 62 calories, 0.8 g fat, 0.1 g saturated fat, 1.2 g protein, 12.4 g carbohydrate, 0.7 g fiber, 0 mg cholesterol, 71.8 mg sodium  
% calories from fat: 12

What's in it for me?



Rice papers, made from rice flour and water, look like translucent tortillas. They must be softened by soaking in water before using. Packaged dry and in plastic wrap, look for rice papers at well-stocked grocery stores or Asian markets. Be careful not to confuse rice papers with spring roll wrappers, which are made from wheat flour and are meant to be deep-fried. Rice vermicelli (or rice-flour