

## Shrimp and Mango Summer Rolls with Sweet and Spicy

### Dipping Sauce

Makes 8 Summer Rolls; Serving size: 2 rolls

#### Ingredients

Dipping Sauce:

- 4 tablespoons lime juice
- 1 tablespoon rice vinegar
- 1 teaspoon honey
- ½ teaspoon chilli sauce or hot sauce
- 1 tablespoon thinly sliced scallion

Rolls:

- 8 (8 inch) round sheets rice paper
- 16 basil leaves
- 4 red leaf lettuce leaves, spines removed and torn into 2-inch pieces
- 1 1/2 cups cooked rice noodles (1 ¾ oz dried), cooled, rinsed, and squeezed dry
- 1/2 small mango, peeled and sliced into thin strips (about ½ cup)
- 16 medium cooked shrimp, peeled with tails removed and sliced in half down the middle
- 16 mint leaves

#### Preparation

1. To make dipping sauce: combine first 5 ingredients in a small bowl and refrigerate.
2. To make rolls: Fill a large shallow dish with warm water. Wet a clean kitchen towel; wring out and place on a clean work surface. Place 1 rice paper sheet in warm water: soak to soften (about 30 seconds). Remove from water: place on kitchen towel. Working quickly, place 2 basil leaves face down in centre of rice paper. Place 3 pieces of lettuce on top of basil; mound with 2 tablespoons of noodles on top of lettuce. Top each with mango strips and 4 shrimp halves. Arrange 2 mint leaves; face side up, on top of shrimp. Pull bottom of wrapper over filling, fold in sides, and roll wrapper into a cylinder. Repeat with remaining ingredients; serve with dipping sauce.



**Renal and diabetic food choices:** 1 protein, 2 starch

**Nutrients per serving:** 153 calories, 8g protein, 29 g carbohydrate, 73mg sodium, 193 mg potassium, 84 mg phosphorus

Adapted from Health.com