

SUMMER SPRING ROLLS WITH YOGURT DIP

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving= 2 spring rolls plus 1 Tablespoon dipping sauce)

Nutrition (per serving)

Calories: 89

Total Fat: 2 g

Saturated Fat: 2 g

Sodium: 113 mg

Total Carbohydrate: 17 g

Dietary Fiber: 2 g

Protein: 3 g



Ingredients

Spring Rolls

- 2 cups warm water
- 12 rice paper wrappers (make sure gluten free for GF version)
- 1 cup sliced jicama (matchstick length, ¼" wide)
- 1 cup sliced honeydew (matchstick length, ¼" wide)

Yogurt Dip

- 6 ounces fat free vanilla yogurt
- ¾ teaspoon fresh mint, finely chopped
- 1 cup sliced mango (matchstick length, ¼" wide)
- 1 small green pepper (matchstick length, ¼" wide)
- ½ cup fresh chopped basil
- 6 Tablespoons feta cheese
- ¼ teaspoon lime zest



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Directions

1. Fill a large, shallow bowl with warm water. Dip one wrapper into the hot water for several seconds to soften. Wrapper should be pliable.
2. Lay wrapper flat. In a row across the center, place 3 slices of each fruit and vegetable leaving about an inch uncovered on each side.
3. Sprinkle basil and feta on top of fruits and vegetables and then fold uncovered sides inward and tightly roll the wrapper.
4. Mix all yogurt dip ingredients together in a small bowl. Serve with rolls.