

Fruit Spring Rolls

A favorite from the kitchen of Sharon Shively

Ingredients:

- 1-1/2 cups cooked Pad Thai noodles, cooled and drained
- 1/4 cup agave nectar
- 1/4 packed cup fresh mint leaves, finely chopped
- 6 (8-inch) rice paper rounds (also called “spring roll skins”)
- 6 medium strawberries, stemmed
- 1 mango, halved, peeled, seeded and cut into 1/4-inch thick slices
- 6 tablespoons sliced almonds, toasted (see note below)



- Arrange 2 or 3 mango slices on top.
- Roll the rice paper around the filling and seal the ends with a little water. Repeat for each roll.
- Wrap the finished spring rolls in damp paper towels and store in the refrigerator.

Note:

To toast the almonds, arrange in a single layer on a baking sheet. Bake in a preheated 350 degree F oven until lightly toasted, about 6 to 8 minutes. Cool completely before using.

Process:

- Put the noodles in a medium bowl and add the nectar and the mint. Using 2 forks, toss ingredients together until noodles are coated.
- Lay a damp kitchen or paper towel on a work surface.
- Soak a rice paper round in warm water for 20 to 30 seconds until softened.
- Put the rice paper on the damp towel or glass cutting board. Add 1/4 cup of the noodle mixture in the center of the rice paper and form into a 3 by 2-inch rectangle.
- Using a paring knife, slice a strawberry into lengthwise slices and arrange on top of noodles.
- Sprinkle 1 tablespoon almonds over strawberries.

Dipping sauce:

- 1/4 cup packed fresh mint leaves, finely chopped
- 1/4 cup agave nectar
- 1/4 cup fresh lime juice (2 or 3 large limes)
- In a small bowl, combine the mint, nectar and lime juice. Pour into a serving bowl.
- Arrange the spring rolls on a platter and serve with the dipping sauce.

For a lower calorie variation:

Substitute seasoned rice vinegar for the agave nectar in the rolls and reduce the amount of sliced almonds.