



... It's Worth the Trip!



THINKING OUTSIDE THE BOX

Quick & Pleasing Spring Rolls

On average, Americans are not eating enough fruits and vegetables (produce). This is concerning because many experts agree that one of the most important habits in promoting optimal health and managing weight, is eating plenty of produce. This is because most produce qualifies as high performance, nutrient dense foods that have undergone little or no processing.

Along with choosing healthy fats and lean proteins, consuming plenty of fruits and vegetables is great for heart health. Americans should aim to consume at least 8 servings of produce per day. This can be accomplished by building your meals (especially lunch and dinner) to be mostly fruits and vegetables as well as choosing fruits and vegetables for snacks.

A big misunderstanding about fruits and vegetables is that only fresh produce counts towards this goal because canned and frozen produce is not as "healthy." This has led to many feeling that they can't meet the 8 servings/day goal. Some may be frustrated because they believe preparing and cooking fresh produce takes too much time and that fresh produce is too expensive. In addition, some don't want to take the risk of having the fresh produce they purchase spoil before they get around to eating it.

However, the fact is scientific analysis has shown that frozen and canned produce are just as nutritious as fresh produce. This is good news because this means all produce counts. Canned, frozen, and fresh produce can all be used to assist with meeting the goal of at least 8 servings of produce per day. Use the following tips to easily get your 8 while staying on budget:

- Minimize waste due to spoilage of fresh produce by planning weekly menus and only purchasing the amount you need for a week. Take advantage of sales on fresh produce and buy produce that is in season.
- For canned and frozen produce, choose items that are low in sodium, don't have added sugar and don't use artificial sweeteners. Aim to choose items that have undergone the least amount of processing by choosing items with 3 ingredients or less. Keep a variety on-hand for quick go-to meals or to add to a casserole.

This meal combines canned and fresh vegetables in just the right way to make quick and pleasing spring rolls served alongside fresh, cut berries.



Directions:

- 1) Prepare the dipping sauce by combining in a small bowl; ½ cup rice vinegar, 2 tbsp. hoisin sauce, 2 tbsp. chili-garlic sauce, and ½ tsp. ground ginger.
- 2) Prepare the filling for the spring rolls by draining 15 oz. can of corn, 2-4.5 oz. can of green chilies and 2-4 oz. cans of small shrimp; then, combine the drained items in a large bowl with 1/3 cup cilantro chopped leaves, 1/3 cup chopped mint leaves, a 10-12 oz. bag of fresh matchstick carrots, and 2 tbsp. of the dipping sauce. Mix the ingredients well.
- 3) To make the spring rolls, fill a shallow bowl with hot water. Submerge 1 paper in the water. Leave it in the water until the wrapper is softened (about 1 minute).
- 4) Lay the softened wrapper on a flat surface and top it with 1 lettuce leaf and 1/16th of the shrimp and vegetable mixture placed lengthwise in the center.

Serves: 4

- 5) Fold the long end of the wrapper over the ingredients and fold in the end. Continue rolling (tightly) lengthwise. Repeat to make the remaining 15 spring rolls. (The water needs to remain hot to best soften the wrappers; so, changeout the water every 3-4 rolls).
- 6) Serve by placing 4 spring rolls on a plate beside a dish filled with 1/4th of the dipping sauce. Add ½ cup - 1 cup of fresh, sliced berries topped with a spoonful of vanilla pudding, whipped cream, or vanilla flavored Greek yogurt.

Note: Consuming 8 servings of fruits and vegetables per day is the minimum goal. Increasing the number of servings is okay. Just be sure to build a healthy eating pattern that is comprised of a variety of food groups while keeping your calorie intake in check.

Tips: Use shredded, cooked chicken in place of the shrimp.

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

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