

CHIMPROLLS

SERVES 12 • 20 MINUTES • GLUTEN FREE

Ingredients:

12 spring roll skins (rice paper found in the Asian food aisle)
1 cup cooked chicken, diced fine
1 cup cooked baby shrimp
1 cup shredded carrots
2 avocados, pitted and sliced thin
1 cup baby spinach leaves
1/2 cup sweet chili sauce
(found in the International Food aisle)

Per Serving:

Calories: 130
Fat: 8 g
Cholesterol: 44 mg
Sodium: 138 mg
Carbohydrates: 8 g
Fiber: 3 g
Sugar: 2 g
Protein: 8 g
Vitamin A: 40%
Vitamin C: 10%
Calcium: 2%
Iron: 6%
Omega-3: 132 mg

Nutrition Notes:

These rolls contain nutrient-rich avocados (healthy fats), lean proteins (zinc and iron), and spinach (antioxidants), all coming together to create a meal that is high in fiber and protein. Foods rich in fiber and protein will help to maintain a stable blood sugar level and support mental focus.

Preparation:

Soak the spring roll skins in warm water for 1-2 minutes, until they become soft and pliable.

In a medium bowl, toss cooked chicken, cooked shrimp, carrots, avocados, spinach, and 1/4 cup sweet chili sauce. Place 1/4 cup of chicken and shrimp mixture on softened spring roll starting at the side closest to you (do not overfill, or they will not hold together). Fold sides of skins inward and roll up burrito style.

Place finished rolls in an airtight container with a damp paper towel to keep them from drying out. Serve cold and with leftover chili sauce for dipping.

