



Chicken Summer Rolls

Ingredients

Cooked chicken breast, shredded
10-15 leaves of lettuce
2 carrots, grated
1/2 English cucumber, thinly sliced
1 cup cilantro
10-15 rice paper sheets
Peanut sauce: 1 cup ginger dressing of choice, 2 TBSP
peanut butter

Directions:

1. Wash and cut vegetables; Cook and shred chicken
2. In a small bowl, prepare dipping sauce: Mix dressing with peanut butter with a whisk until smooth; Add water to thin to desired consistency
3. Fill a shallow bowl with warm water; Submerge spring roll wrappers for 10-15 seconds; Remove and place wrapper on a clean, flat surface
4. Layer lettuce, carrots, cucumber, cilantro on one half of the wrapper; Layer shredded chicken on other half
5. Tightly roll up wrapper like a burrito, starting on vegetable side, tucking in sides

Equipment

Shallow bowl, small bowl
cutting board or plate

Cost: \$ \$

Ease:

Health Benefit: Chicken is a great source of lean protein for weight maintenance and energy. Carrots contain vitamin A for eye health. Lettuce and cucumber are hydrating.

Fare  Meals
by Arielle