



## Salmon Avocado Spring Rolls

Spring rolls are a beautiful way to eat your vegetables. Once you've made a few, the technique for rolling them will be much less mysterious, and you can throw them together anytime you need a change from salads and sautés. This particular recipe includes salmon and avocado, which makes for a filling snack or lunchbox offering.

### Ingredients:

- 4 romaine lettuce leaves, halved crosswise
- ½ pound cooked salmon
- 1 medium avocado, thinly sliced
- 1 medium cucumber, peeled, seeded, and sliced in strips
- 1 cup fresh mint leaves
- 1 cup chopped fresh basil
- 8 10- or 11-inch rice papers

### Procedure:

- Prepare a work surface with all of the filling ingredients within easy reach. Fill a large saucepan or plate with lukewarm water and place nearby. For your rolling surface, prepare a cutting board by oiling it lightly or wrapping it in a thin, dampened cloth.
- Dip one rice paper into the pan of water for 5-10 seconds, then lay it flat on your rolling surface. Lay a lettuce leaf on top of the wrapper horizontally, closer to you than to the center of the rice paper, and fill the leaf with about 1/8 of each of the filling ingredients.
- With one hand, hold the long edges of the lettuce leaf together to bundle the filling ingredients; with the other hand, grasp the nearest edge of the rice paper and fold it over the fillings. This is so that the rice paper will only touch the lettuce, and will not be made soggy by the other fillings. Next, fold the sides over the ends of your bundle and roll the whole thing forward to complete the wrap. Continue until all the filling ingredients are used up.
- Spring rolls should be served immediately for best results, but they can be held overnight if wrapped in a wet paper towel and stored in a sealed container. For a nice presentation, cut them in half or in quarters with a sharp serrated knife, using a gentle sawing motion. Serve with a sauce of your choice.

Serves: 8

Recipe provided courtesy of [www.ibsfree.net](http://www.ibsfree.net) and GI Nutrition Inc.