



# HEALTHY COOKING

## Spring Roll Bowls

### Ingredients

#### Bowl

- 2 heads romaine lettuce
- 2 cups shredded carrots
- 4 green onions (scallions), chopped
- 1/2 cup fresh cilantro
- 1/2 cup fresh Thai basil, torn
- 1 English cucumber, thinly sliced
- 1/3 cup peanuts, chopped
- 4 oz. vermicelli rice noodles
- 1 - 2 cups cooked shrimp or shredded chicken
- Diced mango and avocado for garnish (optional)

#### Peanut Dressing

- 1/2 cup creamy peanut or almond butter
- 1/3 cup tamari or soy sauce
- 1/4 cup toasted sesame oil
- 1/4 cup rice vinegar
- 2 - 3 Tbsp. chili sauce
- 2 Tbsp. honey
- 3 Tbsp. lime juice
- 1 Tbsp. fresh grated ginger

### Directions

1. Cook the rice vermicelli noodles according to package directions. Drain in a colander and rinse under cool water until cool. Let the noodles drain thoroughly. Meanwhile, prep all of the vegetables: shred lettuce and carrots, chop green onions, pick cilantro, tear basil, slice cucumbers and crush peanuts.
2. In a large bowl, combine the lettuce, carrots, green onions, cilantro, cucumbers and peanuts.
3. To make the dressing, combine all ingredients in a bowl and whisk until smooth. Add water, as needed to thin.
4. Pour 1/2 the dressing over the salad and toss to combine. Divide the salad between 4 - 6 bowls. Top each bowl with noodles, shrimp (or chicken), mango and avocado (if using). Drizzle over more dressing and serve.

### Nutritional Information

Calories: 377 | Total Fat: 21g | Saturated Fat: 9g | Trans Fat: 0g  
Cholesterol: 134mg | Sodium: 923mg | Total Carb: 27g | Dietary Fiber: 5.9g  
Total Sugar: 13.3g | Protein: 22g

Servings: 4 - 6