



Thai Cuisine Restaurant

Come explore the wonderful flavors of THAI food . . .

Tuna Spring Roll Wrap

Fun cooking recipe.

Ingredients

Tuna packed in water, drained (6 oz.)	2 cans
Reduced-fat mayonnaise	1 TBS
Copped scallion	1TBS
Chopped parsley	1 TBS
Finely shredded carrot	½ cup
Cucumber, cut into a stick, 3.5" long	4 sticks
Finely chopped Thai Basil leaves	1 TBS
Plus some for garnished	
Sesame oil	½ tsp
Pinch of salt	
Ground black pepper	¼ tsp
Hot sauce (optional)	
Round Spring Roll Rice Paper	4 pieces

In a bowl combine the tuna, mayonnaise, scallion, celery, basil, salt, and pepper. Gently stir to mix well.

Dip a wrapper into lukewarm water for ~ 6 sec, drained the water off the wrapper, and quickly transfer to a plate.

Spoon tuna mixture, place cucumber stick, and carrot on top of each other. Carefully pull the lower edge of the wrapper up and cover the filling, fold the 2 sides inward toward over the filling. Next roll the spring roll upward so that the filling is tightly contained and roll up to seal. Set the spring roll aside on a plate, covered with plastic wrapper. Repeat with the remaining wrappers and filling. Once you have assembled all of the spring rolls, garnish with basil leaves. Serve them immediately with hot sauce (optional) at room temperature or keep chilled in refrigerator for 1-3 hours.

Nutrition Information

Make 4 servings

Per serving:

Calories	120
Protein	20 g
Carbohydrates	2 g
Total fat	3.5 g
Cholesterol	23 mg
Dietary fiber	1 g
Sodium	371 mg

Reference: Prevention, Eat Up Slim Down Annual Recipes, 2008