

STRAWBERRY SPRING ROLLS

Serves 4

INGREDIENTS:

- 1/2 cup daikon, cut into thin strips
- 1/2 cup gailon, cut into thin strips
- 1/2 cup Chinese cabbage, cut into thin strips
- 1/2 cup strawberries, thinly sliced
- 8 rice wrappers
- 4 tablespoons reduced sodium soy sauce
- 1 tablespoon sesame oil

DIRECTIONS:

- Mix together all fruits and vegetables; place strips on soaked rice wrappers and roll up burrito-fashion.
- Combine soy sauce and oil; use for dipping sauce.



NUTRITION FACTS PER SERVING:

Calories 133 kcal; Total Fat 3.5 g; Saturated Fat 0.5 g; Sodium 615.7 mg; Carbohydrate 23 g; Dietary Fiber 2 g; Sugar 2 g; Protein 2.8 g



DAIKON

Daikon can be grated or sliced and added to various cooked dishes, fresh salads, or stir-fries. Young leaves are also good when steamed and served with a little butter. Daikon seeds are slightly peppery and great in a tossed salad.



CHINESE CABBAGE

Also known as celery - or Napa cabbage - Chinese cabbage has leaves thinner than regular cabbage, and a flavor more delicate. Add it as last ingredient to a stir-fry dish, or chop and add to fresh salads.



GAILON

Gailon resembles the more familiar broccoli, but has much smaller stems and florets that are tender and sweet. Select florets before the flowers open for best quality. Good in stir-fries with beef, pork, chicken, or noodles.

Asian Vegetable Guide:
<http://ucanr.org/u.cfm?id=50>



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