

THINKING OUTSIDE THE BOX

QUICK & PLEASING SPRING ROLLS

According to the CDC, only 1 out of 10 adult Americans eat enough fruits and vegetables. Along with choosing healthy fats and lean proteins, these powerful parts of a balanced diet can play an essential role in promoting optimal health and managing weight. Consuming plenty of fruits and vegetables is also great for heart health.

Most produce qualifies as high performance, nutrient dense food and make up a recommended diet of eight servings per day, also known as "Aim for 8." This can easily be accomplished by building meals and snacks — especially lunch and dinner — to be mostly fruits and vegetables.

One common misconception is that canned and frozen produce isn't as nutritious. This misunderstanding along with the extra cost and risk of the produce spoiling can make it seem too hard to meet a daily goal and can cause frustration because of the added preparation it takes to cook fresh produce.

However, according to recent scientific studies, frozen and canned produce can be just as nutritious as fresh produce. This is good news

because it means all types of produce count — canned, frozen and fresh — and each can help you Aim for 8 while staying on a budget.

TIPS TO MAXIMIZE YOUR PRODUCE

- Minimize waste due to spoilage of fresh produce by planning menus and only purchasing the amount you need for a week. Take advantage of your Commissary sales on produce and buy produce that is in season.
- For canned and frozen produce, look at the ingredients label. Choose items that are low in sodium, don't have added sugar, and don't use artificial sweeteners. Look for ones with the least amount of processing by choosing items with three ingredients or less. Also, keep a variety on-hand for quick go-to meals, like a casserole.

This meal combines canned and fresh vegetables in just the right way to make quick and pleasing spring rolls served alongside fresh, cut berries.



MACROS / SERVING SIZE

Protein 19 g | Fat 2 g | Carbs 66 g

% CALORIES OF MACROS / SERVING SIZE

Calories 368 | Protein 21 % | Fat 6 % | Carbs 73 %

NUTRIENTS / SERVING SIZE

Fiber 5 g | Sodium 960 mg | Sat. Fat 0 g

INGREDIENTS

- 1/2 cup rice vinegar
- 2 tbsp. hoisin sauce
- 2 tbsp. chili-garlic sauce
- 1/2 tsp. ground ginger
- 15 oz. can of corn
- 3-5 oz. can of green chilies (optional)
- 2-4oz. cans of small shrimp
- 1/3 cup cilantro chopped leaves
- 1/3 cup chopped mint leaves
- 10-12 oz bag of fresh matchstick carrots
- 16 paper rolls
- Lettuce leaves

DIRECTIONS

1. Prepare the dipping sauce by combining in a small bowl; ½ cup rice vinegar, 2 tbsp. hoisin sauce, 2 tbsp. chili-garlic sauce, and ½ tsp. ground ginger.
2. Prepare the filling for the spring rolls by draining 15 oz. can of corn, 2-4.5 oz. can of green chilies and 2-4 oz. cans of small shrimp; then, combine the drained items in a large bowl with 1/3 cup cilantro chopped leaves, 1/3 cup chopped mint leaves, a 10-12 oz. bag of fresh matchstick carrots, and 2 tbsp. of the dipping sauce. Mix the ingredients well.
3. To make the spring rolls, fill a shallow bowl with hot water. Submerge 1 paper in the water. Leave it in the water until the wrapper is softened (about 1 minute).
4. Lay the softened wrapper on a flat surface and top it with 1 lettuce leaf and 1/16th of the shrimp and vegetable mixture placed lengthwise in the center.
5. Fold the long end of the wrapper over the ingredients and fold in the end. Continue rolling (tightly) lengthwise.
6. Repeat to make the remaining 15 spring rolls. (The water needs to remain hot to best soften the wrappers; so, change out the water every 3-4 rolls).
7. Serve by placing 4 spring rolls on a plate beside a dish filled with 1/4th of the dipping sauce.
8. Add ½ cup - 1 cup of fresh, sliced berries topped with a spoonful of vanilla pudding, whipped cream, or vanilla flavored Greek yogurt.

DIETITIAN TIP

Keep frozen plain fruit and vegetables on hand while finding great ways to add them to your baking, entrees and soups. Pureeing is a great way to add moisture and sweetness to baking while reducing the fat and sugar in recipes.



A list of recipes on [commissaries.com/healthy living](https://www.commissaries.com/healthy-living) also has nutrition education.