

Asparagus and Salmon Spring Rolls

These spring rolls are filled with smoked salmon, tender-crisp asparagus and plenty of fresh herbs. Spring rolls look impressive when you put them out for a party, but they are actually easy to make.

Makes: 12 rolls

Total Time: 45 minutes

http://www.eatingwell.com/recipes/asparagus_salmon_spring_rolls.html

Spring Rolls

- 24 thick 12 rolls asparagus, or 36 thin, about 2 pounds
- 2 3- to 4-ounce smoked wild salmon
- 12 8-inch rice-paper wrappers (see Notes)
- 1 ripe avocado, cut into 24 slices
- 1 cup carrot, shredded
- 1/2 cup basil, chopped fresh
- 1/2 cup mint, chopped fresh

Dipping Sauce

- 1/3 cup soy sauce, reduced-sodium
- 2 tablespoons orange juice
- 2 tablespoons lemon juice
- 2 tablespoons mirin (see Notes)
- 1/4 teaspoon red pepper, crushed, or more to taste



Directions

1. To prepare spring rolls: Bring 1 inch of water to a boil in a large skillet. Trim asparagus spears to no longer than 6 inches; add to the boiling water. Partially cover and cook the asparagus until tender-crisp, about 3 minutes. Drain; refresh under cold water. Cut each spear in half lengthwise. Cut salmon slices into 12 strips no longer than 6 inches each.
2. Soak one wrapper at a time in a shallow dish of very hot water until softened, about 30 seconds. Lift out, let excess water drip off and lay on a clean, dry cutting board.
3. Center a strip of smoked salmon in the bottom third of the wrapper, leaving a 1-inch border on either side. Arrange 4 thick (or 6 thin) asparagus spear halves (overlapping as necessary) over the salmon. Top the asparagus with 2 avocado slices, 1 tablespoon shredded carrot and about 2 teaspoons each basil and mint. Fold the wrapper over the filling and roll into a tight cylinder, folding in the sides as you go. Repeat with the remaining wrappers and filling. Cut each finished roll in half.
4. To prepare dipping sauce: Whisk soy sauce, orange juice, lemon juice, mirin and crushed red pepper in a small serving bowl. Serve the rolls with the sauce.

Nutrition Facts

Eating Well - Asparagus & Salmon Spring Roll

Servings:

Calories	236	Sodium	267 mg
Total Fat	7 g	Potassium	415 mg
Saturated	2 g	Total Carbs	16 g
Polyunsaturated	2 g	Dietary Fiber	1 g
Monounsaturated	3 g	Sugars	1 g
Trans	0 g	Protein	25 g
Cholesterol	66 mg		
Vitamin A	1%	Calcium	2%
Vitamin C	9%	Iron	9%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Make Ahead Tip:

Individually wrap in parchment or wax paper and refrigerate for up to 4 hours

Notes:

Rice-paper wrappers are translucent, round sheets made from rice flour. They need to briefly soak in warm water to make them soft and pliable before using. Find them in the Asian section of large supermarkets or at Asian food stores.

Mirin is a low-alcohol rice wine essential to Japanese cooking. Look for it in the supermarket with other Asian ingredients. An equal portion of dry sherry or white wine with a pinch of sugar may be substituted.