



Cardiovascular Disease (CVD) is not only one of the leading causes of death in the United States, but it affects nearly half of all people living in this country! Whether you've been recently diagnosed with Cardiovascular Disease, or are just looking to improve your overall heart health, focusing on your nutrition is a great place to start. Enjoy this heart-healthy recipe from Community Memorial Healthcare's team of specially trained chefs and registered dietitians.



Shrimp Spring Rolls with Tangy Mango Dipping Sauce

Ingredients

½ cup shredded carrots
⅔ cup shredded Napa cabbage
½ cup sliced bok choy
1 tsp. minced ginger root
1 tsp. minced garlic
2 tbsp. green onions
½ tsp. sesame oil
12 small shrimp, cooked or raw
Rice paper
Mint leaves
½ cup diced mango
2 tbsp. red wine vinegar
1 tbsp. water
Cilantro for garnish

Preparation

Prepare Spring Roll Filling

1. If using raw shrimp, sauté until pink and no longer translucent. Place in bowl and refrigerate to chill
2. In a mixing bowl combine shredded carrots, shredded Napa cabbage, sliced Bok choy, minced ginger root, minced garlic, green onions, sesame oil

Assemble Spring Rolls

1. Soak one piece of rice paper in a bowl of water to rehydrate for about 30 seconds
2. Transfer to cutting board and lay flat
3. Place 2 – 3 mint leaves in center of rice paper
4. Add ¼ of veggie mix and 2 – 3 shrimp to center of roll
5. Fold the ends of the rice paper into the middle and roll up
6. Place rolls on plate and set aside

Make Mango Dipping Sauce

1. Combine diced mango, red wine vinegar, and water in a blender and purée
2. Once puréed, stir in cilantro to taste
3. Cut spring rolls in half and serve with sauce