

Summer Rolls

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About this recipe: Summer rolls, traditionally called *gỏi cuốn*, or salad rolls, originated in southern Vietnam. Due to the warm climate, locals would incorporate fresh produce into this roll to help them stay cool. Vietnamese American restaurants often list *gỏi cuốn* as ‘summer rolls’ on their menus, to distinguish them from their deep fried counterpart, the ‘spring roll.’ Vietnamese legend says that *gỏi cuốn* was invented in the 1700’s during the reign of King Nguyễn Huệ Quang Trung during a famous battle where he ordered his men to carry each other on hammocks so that one could rest and sleep while the others kept moving. As a result, *gỏi cuốn*, or summer rolls, were invented as one of the first “mobile” meals which could be eaten on the go, cold, and with ingredients that were light to carry. Traditionally, summer rolls are filled with shrimp as the protein, but variations exist, including a vegetarian variation which substitutes shrimp with tofu. Traditionally, *gỏi cuốn* is served with a homemade Vietnamese peanut sauce, but to save time on the preparation of this recipe, a bottled Thai sweet red chili sauce has been substituted, hence a resulting Asian fusion recipe of Vietnamese and Thai influence.

Can help with side effects: Since this recipe is on the lighter side, a cancer patient is more likely to tolerate a serving size of 2 summer rolls as a light meal, packed with fiber and ingredients with cancer fighting anti-inflammatory properties. Because of the high fiber content, this light meal can help cancer patients with constipation. Since this is a cold recipe, cancer patients with nausea may benefit from this light meal, especially since one of the ingredients is fresh mint which can aid in digestion and provide irritable bowel relief.

Servings: 3 servings, makes 6 summer rolls

Serving Size: 2 summer rolls

Ingredients:

- 6 sheets rice paper
- 4 oz. maifun brown rice noodles or vermicelli noodles
- 24 cooked medium-sized shrimp or 1 package extra firm tofu, cut into 6 equal blocks
- 2 medium carrots, ground in food processor
- 1 cup very thinly sliced red cabbage
- ¼ cup thinly sliced green onions (scallions)
- ½ cup peanuts, ground in food processor
- ¼ cup roughly chopped fresh mint
- 6 Tbsp bottled Thai sweet red chili sauce

Instructions:

1. Bring a pot of water to boil and cook the noodles until al dente according to package directions. Drain, rinse them under cool water, and set aside in a bowl.
2. Create an assembly line of ingredients in separate bowls, including: noodles, shrimp or tofu, ground carrots, sliced cabbage, sliced green onions, ground peanuts, and chopped mint.
3. Fill a shallow pie pan with an inch of warm water. Place one rice paper in the water and let it rest for about 20 seconds, give or take (wait until the sheet is pliable but not super floppy). Carefully lay the softened rice paper on a dish.
4. Leave about 1 inch of open rice paper around the edges and build the ingredients in the middle, starting with a small handful of noodles, followed by 4 shrimp or 1 cut block tofu per roll, some carrots, some cabbage, some green onions, some ground peanuts, and some mint.
5. Fold the lower edge up over the fillings, rolling upward until the fillings are enclosed. Then, fold over the short sides as if making a burrito. Finally, roll it up.
6. Repeat with remaining ingredients until 6 summer rolls have been made.
7. Serve 2 summer rolls with 2 Tbsp Thai sweet red chili sauce as a dipping sauce on the side.

Per serving: 170 calories, 15 g protein, 17 g carbs/2 g fiber, 5 g fat