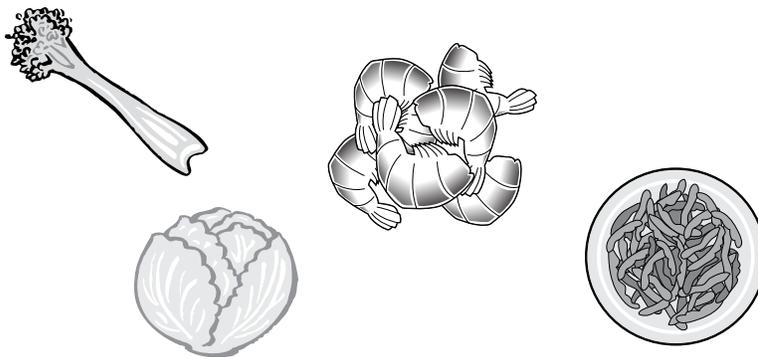


# Lumpiang Sariwa (Fresh Lumpia) Recipe

|              |   |  |
|--------------|---|--|
| ½ cup        | cabbage, julienned  | 1. Heat oil, and saute ground meat with the shrimp and garlic.   |
| ½ cup        | green beans, julienned                                    | 2. Add vegetables until slightly crisp. Pour in the chicken broth until cooked.  |
| ½ cup        | carrots, julienned  | 3. Season with salt and pepper.  |
| ¼ cup        | celery, julienned   | 4. Set aside, and drain in a colander.   |
| ¼ cup        | <i>jicama</i> ,* julienned                                | 5. Save the broth for the <i>lumpia</i> sauce.   |
| ½ cup        | ground chicken or lean pork                               | 6. Soak the Vietnamese spring roll wrappers one at a time in water until soft and transparent. Dry immediately with a paper towel. |
| ½ cup        | shrimp, cleaned and deveined                              | 7. Lay the lettuce on the wrapper.   |
| ½ cup        | chicken broth   | 8. Place 2 tablespoons of the vegetable mixture on the wrapper.  |
| 8 pieces     | red leaf lettuce  | 9. Fold in one side of the wrapper and roll tightly.   |
| 8            | Vietnamese spring-roll wrappers or <i>lumpia</i> wrappers | 10. Serve with <i>lumpia</i> sauce on top. Sprinkle with chopped peanuts.  |
| 2 cloves     | garlic, chopped   |  |
| ¼ teaspoon   | salt  |  |
| ¼ teaspoon   | pepper  |  |
| ⅓ cup        | dry roasted peanuts, chopped                              |  |
| 1 tablespoon | olive oil   |  |



\* *Jicama* looks similar to a turnip or a large radish. The water chestnut can be used as an alternative.

Source: Philippine Heart Center's Healthy Heart Cookbook.

# *Lumpiang Sariwa (Fresh Lumpia)*

## Recipe *(continued)*

### Lumpia Sauce

|               |                                   |   |
|---------------|-----------------------------------|---|
| 1 cup         | broth from the sauteed vegetables | 1. Mix vegetable broth, soy sauce, brown sugar, and garlic together, and bring to a boil. |
| 1 tablespoon  | light soy sauce                   |   |
| 1 tablespoon  | brown sugar                       | 2. Mix the cornstarch in 2 tablespoons of cold water.                                     |
| 3 cloves      | garlic, minced                    |   |
| 1 teaspoon    | cornstarch                        | 3. Slowly add the cornstarch mixture to the broth. Stir until sauce thickens.             |
| 2 tablespoons | cold water for mixing cornstarch  |   |

#### Quick Facts

Your family will love this tasty recipe. The ingredients—ground chicken or pork, olive oil, peanuts, and fresh herbs and spices—add flavor. Also, the *lumpiang sariwa* is served fresh so it has fewer calories than fried *lumpiang*.

| Yield:            | Serving size:   |
|-------------------|-----------------|
| <b>8 servings</b> | <b>1 lumpia</b> |
| Calories          | 160             |
| Total Fat         | 4 g             |
| Saturated Fat     | 0.5 g           |
| Cholesterol       | 55 mg           |
| Sodium            | 150 mg          |
| Total Fiber       | 2 g             |
| Protein           | 10 g            |
| Carbohydrates     | 21 g            |
| Potassium         | 170 mg          |

Source: *Mula sa Pusa*, Heart Healthy Traditional Filipino Recipes, American Heart Association, 1999.