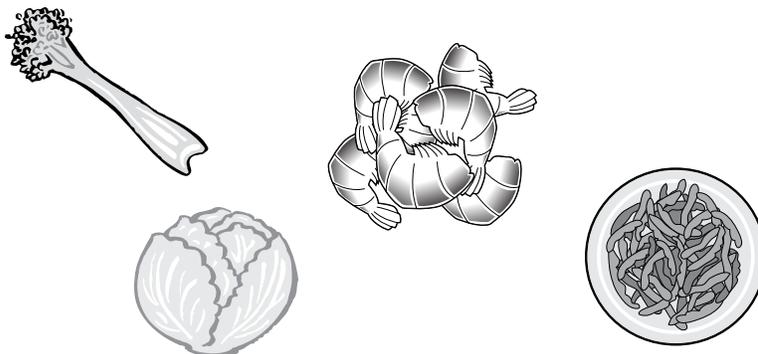


# Lumpiang Sariwa (Fresh Lumpia) Recipe

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.