

from *Mula sa Puso: Heart Healthy Traditional Filipino Recipes* by American Heart Association, Western States Affiliate, San Francisco Division

Lumpia

2 cups Cabbage, green beans, jicama (large water chestnut), carrots, julienned
1/2 cup Ground chicken or lean pork
1/2 cup Shrimp, cleaned and deveined
1/2 cup Chicken broth
8 pieces Red leaf lettuce
Vietnamese spring roll wrappers or Lumpia wrappers
2 cloves Garlic, chopped
1/4 tsp. Salt
1/4 tsp. Pepper
1/8 cup Dry roasted peanuts, chopped
1 tbsp. Olive oil

Heat oil and stir fry ground meat with the shrimp and garlic. Add vegetables until slightly crisp then pour in the chicken broth until cooked. Season with salt and pepper. Set aside and drain in a colander. Save the broth for the lumpia sauce.

Soak the Vietnamese spring roll wrapper one at a time in water until soft and transparent. Dry immediately with a paper towel. Lay the lettuce over the wrapper. Spoon 2 tablespoons of the mixture on the wrapper. Fold in one side. Roll tightly. Serve with sauce on top. Sprinkle with chopped peanuts.

Serves 8

Single Serving Nutrient Values

Calories 96.18 kc
% calories from fat 35
Protein 7.394 gm
Carbohydrate 8.462 gm
Cholesterol 32.61 mg
Sodium 183.9 mg
Total Fat 3.747 gm

Saturated 0.615 gm
Polyunsaturated 0.787 gm
Monounsaturated 2.034 gm

Lumpia Sauce

1 cup Broth from the sautéed vegetables
1 tbsp. Soy sauce
1 tbsp. Brown sugar
3 cloves Garlic, minced
1 tsp. Cornstarch
2 tbsps. Cold water for mixing cornstarch

Mix first 4 ingredients and bring to a boil. Mix the cornstarch in 2 tablespoons of cold water. Slowly add the cornstarch mixture into the broth, stir until sauce thickens.

Serves 8

Single Serving Nutrient Values

Calories 15.60 kc
% calories from fat 0
Protein 0.314 gm
Carbohydrate 3.665 gm
Cholesterol 0.000 mg
Sodium 141.4 mg
Total Fat 0.008 gm

Saturated 0.001 gm
Polyunsaturated 0.003 gm
Monounsaturated 0.000 gm

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