

Vegetable Confetti Spring Rolls

Makes: 12 Servings

"I like to make my wraps myself. Everyone can put what they like inside, and you can eat a whole meal in just a roll," says Timothy. "I also like spicy food, but I am picky about vegetables. When we chop the veggie mix up into confetti, it looks fancy, but I can't really tell what is there, and then when it is wrapped inside rice paper, I can't even see it! The best part is that I am getting many different veggies in every bite, but when I eat it, I mostly taste the mint and the hoisin sauce!"

Ingredients

- 1 cup** brown rice
- 1/4 cup** olive oil
- 2 tablespoons** olive oil
- 1/2 teaspoon** lime zest
- 1/4 cup** lime juice
- 1/2 teaspoon** sea salt
- 2** skinless, boneless chicken breasts
- 2 cups** chopped rainbow chard with stems
- 1/2 cup** chopped red bell pepper
- 1/2 cup** chopped orange bell pepper
- 1/2 cup** chopped yellow bell pepper
- 1/2 cup** peeled and chopped carrot (purple if possible)
- 1/2 cup** chopped fresh mint leaves
- 1 package** rice paper
- Hoisin sauce
- 1/3 cup** chopped peanuts

Directions

1. **In a large stockpot**, combine 1 ½ cups water with the brown rice and bring to a boil over medium-high heat. Reduce the heat to a simmer and cook for 20 to 30



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	133	
Total Fat	7 g	11%
Protein	6 g	
Carbohydrates	14 g	5%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	160 mg	7%

*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate Food Groups

Vegetables 1/4 cup

minutes, or until the rice is tender.

2. **In a medium bowl**, mix $\frac{1}{4}$ cup of the olive oil with the lime zest, lime juice, and sea salt. Add the chicken, cover, and marinate in the refrigerator for 30 minutes.
 3. **In a large sauté pan**, heat the remaining 2 tablespoons olive oil over medium-high heat. Add the chicken and cook for 8 minutes, or until cooked through and golden down. Let cool, then dice into small pieces and place in a small serving bowl. In a large bowl, combine all of the vegetables.
 4. **Soak rice paper in hot water** as directed on package. Lay out on the plate. In the center of each paper, put 1 teaspoon hoisin sauce, 1 tablespoon rice, 1 teaspoon chicken, 3 tablespoons vegetable confetti, and 1 teaspoon peanuts (optional).
 5. **Fold 2 sides into the center**, then roll tightly from one end to the other, being careful not to rip the rice paper.
- The 2015 Healthy Lunchtime Challenge Cookbook