

## Chinese Sausage



- High salt content (1 sausage = 27% of daily recommended sodium)

## Rice Paper Wrapper



- Rice paper that is sun-dried
- 30 calories per 8.5 inch diameter sheet

## Recipe \* makes 24 rolls

- 1 large jicama (or two medium jicama)
  - 2 large carrot
  - 2 medium chayote
  - 2 Chinese sausage
  - 4 eggs
  - 1 package rice paper roll
  - Toasted peanuts
  - Two cloves of garlic
  - 2 shallots
  - Lettuce + herbs washed
  - ½ cup hoisin sauce + vinegar
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- Peel and julienne jicama, carrot, and chayote. Mince garlic.
  - In a large wok, add 1 teaspoon of oil while heating wok over medium heat. Add garlic. Cook until brown. Add carrots and cook for one minute. Add jicama and chayote.
  - After vegetables cooked for about 7 minutes, remove from heat.
  - Slice Chinese sausage thinly, add to a hot pan and cook to remove fat. Remove Chinese sausage from the pan.
  - Make egg omelets by whipping eggs and pouring in a hot pan. Cook and then remove from heat. Roll and cut into strips.
  - Dip one rice paper sheet in warm water for 5 seconds, lay on a plate, add vegetables, egg and Chinese sausage and roll.
  - SAUCE: cook shallots in a saucepan, add hoisin + ½ cup of water, add vinegar to taste



**WHAT'S IN THIS RECIPE?**  
About the ingredients

# What are you eating?

## Jicama



- Provides dietary fiber
- Good source of Vitamin C, B
- Rich in minerals such as calcium, potassium, and magnesium
- Good source of inulin to promote healthy bacteria in stomach

## Chayote



- Provides dietary fiber
- Good source of Vitamin B6, Vitamin C
- No cholesterol
- High in potassium and folate

## Tofu



- Good source of calcium, selenium, copper, and magnesium
- Excellent source of protein and omega-3 fatty acids

## Carrots



- Good source of Vitamin A, Vitamin K,
- High in antioxidants
- Good source of potassium, copper, magnesium

## Eggs



- Excellent source of high quality lean protein
- Egg white – Good source of Vitamin D, B6, and B12
- Egg yolk – Good source of Vitamin A, D, E and K

## Purple Perilla



- Rich in omega-3 fatty acids, vitamin A and C
- High in antioxidants