

# Summer Vegetable Rolls

## Ingredients:

- 1 oz cellophane noodles
- 1lb extra lean ground turkey breast
- 2 large egg whites, lightly beaten
- 1 cup chopped scallions
- ½ cup chopped shitake mushroom caps
- 1 teaspoon fish sauce
- 1 teaspoon oyster sauce
- 1 teaspoon sugar
- ¼ teaspoon of black pepper
- 2 teaspoon canola oil
- ½ each red and green pepper, cut into strips
- 9 sheets of rice paper (found in Asian section of grocery stores)
- 1 cup drained bean sprouts

## Directions:

1. Boil noodles in salted water for 3 minutes; drain; set aside.
2. Combine turkey, egg whites, scallions, mushrooms, fish sauce, oyster sauce, sugar and black pepper in a bowl.
3. Heat oil in a large skillet over medium-high heat; cook turkey mixture, stirring, until dry and crumbly, about 7 minutes. Remove from heat. Push meat to one side; place pepper strips in pan.
4. Fill a bowl with warm water. Soak 1 piece rice paper until pliable, but not entirely soft, 10 to 15 seconds. Lay flat on a cutting board.
5. Place 2 bell pepper strips across wrapper 2 inches from bottom.
6. On top of strips, layer 1/2 cup turkey mixture, 1/8 of bean sprouts, 1/8 of noodles and 1/8 of pepper strips to form a log-shaped pile.
7. Fold bottom edge of wrapper up and sides in against filling. Roll up to top edge. Repeat with remaining ingredients.
8. Cut in half on bias. Serve & enjoy!