

Mason Jar – Mango Spring Roll

Prep Time: 30 minutes, Cook Time: 6 minutes

EQUIPMENT

Gram Scale

Measuring Cups & Spoons

Bowls

Cutting Board

Sharp Knife

Vegetable Peeler

Scissors

Whisk

Mason Jar (16 oz)

INGREDIENTS

101 gm	1/2 bundle	Vermicelli (Mung Bean or Green Bean) Low-Protein Noodles, cooked
32 gm	1/4 cup	Carrots, raw, chopped
37 gm	1/4 cup	Red Sweet Pepper, raw, chopped
89 gm	1/2 cup	Mango, diced*
22 gm	1/4 cup	Red Cabbage, raw, chopped
2 gm	10 small leaves	Mint, raw, chopped
3 gm	3 large leaves	Basil, raw, chopped
Honey Soy Lime Sauce (makes 2 TBSP + 1 tsp):		
10 gm	2 tsp	Lime Juice, fresh
5 gm	1 tsp	Soy Sauce, reduced sodium
5 gm	1 tsp	Water
21 gm	1 TBSP	Honey

DIRECTIONS

1. After cleaning the food preparation area you will be using, gather the equipment and ingredients you need for this recipe.
2. Wash your hands with soap and water.

3. For the vermicelli noodles, follow the package instructions. Measure the weight of the cooked noodles and divide in half. You only need ½ the noodles for this recipe. Set aside.
 - a. *For the demo, boiling water was poured over the dry noodles and the noodles soaked for 6 minutes. Noodles were then drained and rinsed with cold water. With clean scissors, the noodles were cut so they were in bite-size pieces.*
4. Once you have measured and chopped the ingredients, you are ready to make the Honey Soy Lime Sauce for your Mango Spring Roll.
5. To a bowl, add the lime juice, reduced sodium soy sauce, water and honey. With the whisk, mix well and set aside.
6. To the mason jar, add 2 TBSP of the Honey Soy Lime Sauce. Then your vegetables (red cabbage, carrots, sweet red peppers).
7. Followed by the mango, mint and basil.
8. The cooked vermicelli noodles will be the last item to be added to the jar.
9. Cover and shake well to make sure the sauce is coating the noodles, vegetables, mango, basil and mint. Enjoy!

Meal Planning Tip:

- You can make 2 Mango Spring Roll servings since you are preparing a bundle of the vermicelli noodles, but only half is used for the recipe. If not consuming the mango spring roll immediately, have the Honey Soy Lime Sauce on the side to be added once ready to eat.

Other notes:

- If you do not like a vegetable or want to add one of your favorites, the nutritional analysis will be different.

YIELD: 1 mason jar (16 oz)

Nutrition Facts:

Metabolic Pro# 8299, 6/3/2021

Per Recipe/Mason Jar:
Calories: 220 kcal
Protein: 2.1 gm
Carbohydrate: 56 gm
Phenylalanine: 89 mg
Leucine: 129 mg

Nutritional analysis based on the products used at the time of analysis. Subject to change.

SOURCES:

- Recipe created by Kristen Narlow, MS, RDN, LDN, CC
- Safe Recipe Guide: <https://www.saferecipeguide.org/> (accessed: 6/3/2021)
- CDC Fruit & Vegetable Safety: <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html> (accessed: 6/3/2021)
- *How to prepare mango: <https://www.mango.org/how-to-cut-a-mango/> (accessed: 6/3/2021)

