



TICKER, THE HEART HEALTHY CHEF

CHICKEN SPRING ROLLS

Chicken Spring Roll Filling

2 pounds diced chicken, boneless & skinless
¼ tsp. salt
1 tsp. pepper
4 cups sliced red peppers
2 cups sliced red onion
2 cups chiffonade watercress
1 cup chiffonade cilantro
8 Rice paper squares

Directions:

Chicken Spring Roll Filling: Preheat oven to 350 degrees. Mix chicken, salt and pepper and place on a cookie sheet and bake for 15 - 20 minutes until chicken is done and not dry. Refrigerate. Meanwhile, combine vegetables and herbs and mix with salad dressing. Refrigerate.

Dijon Horseradish Dressing: Place all ingredients except the oil in a mixing bowl and mix well. Slowly drizzle the oil into the mixture, mixing with a whisk. Refrigerate.

Dijon Horseradish Dressing

4 tsp. Horseradish
4 tsp. Dijon Mustard
1/8 tsp. Coriander
1/8 tsp. cumin
1 Tbsp. peanut oil

Acai Berry Sauce

¼ cup plum preserves
¼ cup acai berry juice
1 Tbsp. rice wine vinegar

Acai Berry Sauce: Place all ingredients into a sauce pan, heat slowly until simmering. Remove from heat and refrigerate.

To assemble the Spring Rolls:

Prepare hot water into a large bowl, gently place the rice papers into hot water for approximately 30 seconds and remove immediately. Lay the paper on a flat surface. Divide the Chicken Filling equally between the 8 rice paper squares and gently roll the spring roll like a burrito. Place two spring rolls on 4 serving plates. Equally divide the Acai Berry Sauce to garnish.

Yield: 4 servings Recipe by Executive Chef Brandon Hamilton, 14 West, 14 West Maryland St. Indianapolis, IN Phone: 636-1414

Nutrition information per serving: 300 calories, 7 gm fat, 1 gm saturated fat, 45 mg cholesterol, 135 mg sodium, 5 gm fiber, 20 gm protein, 40 gm carbohydrate

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