

**BEEF SPRING ROLLS WITH CARROTS AND CILANTRO**

*Total preparation and cooking time: 25 to 30 minutes*

*Marinating time: 30 minutes to 2 hours*

- 1 pound beef top sirloin *or* top round steak, cut  
3/4 to 1 inch thick *or* flank steak**
- 1/4 cup plus 3 tablespoons prepared stir-fry sauce  
and marinade, divided**
- 8 rice paper wrappers (8 to 9-inch diameter)**
- 1 cup shredded carrots**
- 1 cup lightly packed fresh cilantro**
- Additional prepared stir-fry sauce and  
marinade (optional)**

1. Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine 1/4 cup stir-fry sauce and beef in medium bowl. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Heat large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet. Repeat with remaining beef.
3. Fill large bowl with warm water. Dip 1 rice paper wrapper into water for a few seconds or just until moistened. Rice paper will still be firm but will continue to soften during assembly. Place on work surface.
4. Spoon 1/4 cup beef, 2 tablespoons carrots and 2 tablespoons cilantro evenly in a row across center of wrapper, leaving 1-inch border on right and left sides; drizzle with about 1 teaspoon reserved stir-fry sauce. Fold right and left sides of wrapper over filling. Fold bottom edge up over filling and roll up tightly. Repeat with remaining wrappers and filling ingredients. Cut each spring roll diagonally in half. Serve with additional stir-fry sauce, if desired.

***Makes 4 servings.***

***Cook's Tip:*** Eight large lettuce leaves may be substituted for rice paper wrappers.

***Nutrition information per serving, using beef top sirloin steak:*** 321 calories; 6 g fat (2 g saturated fat; 2 g monounsaturated fat); 49 mg cholesterol; 420 mg sodium; 33 g carbohydrate; 0.9 g fiber; 31 g protein; 7.9 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 1.4 mcg vitamin B<sub>12</sub>; 2.0 mg iron; 30.5 mcg selenium; 5.0 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium and zinc, and a good source of iron.