



# Mango-Cucumber Wrap

Adapted from *FoodHero.org*



## Ingredients

- 1 Carrot
- 1 Mango
- 1 Cucumber
- 4 pieces Rice Paper
- Mint Leaves



## Directions

**Yield:** 4 wraps **Serving size:** 1 wrap

1. Wash carrot, mango, and cucumber. Peel off cucumber skin, cut it in half and take out the seeds. Peel mango and carrot skin.
2. Cut cucumber, carrot and mango into thin strips, and set them aside in a bowl.
3. Prepare a large bowl of hot water.
4. Do one roll at a time. Place 1 piece of rice paper into hot water and take it out immediately when it turns soft.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Mango-Cucumber Wrap

Adapted from *FoodHero.org*



## Ingredients

- 1 Carrot
- 1 Mango
- 1 Cucumber
- 4 pieces Rice Paper
- Mint Leaves



## Directions

**Yield:** 4 wraps **Serving size:** 1 wrap

1. Wash carrot, mango, and cucumber. Peel off cucumber skin, cut it in half and take out the seeds. Peel mango and carrot skin.
2. Cut cucumber, carrot and mango into thin strips, and set them aside in a bowl.
3. Prepare a large bowl of hot water.
4. Do one roll at a time. Place 1 piece of rice paper into hot water and take it out immediately when it turns soft.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Fast Facts



## Featured Food Groups



ChooseMyPlate.gov

## Cooking Tips



You can try different combinations of fruit and vegetables! The various fruits and vegetables not only give colors to this dish, the colors of fruits and vegetables also indicate different combinations of vitamins, minerals and phytonutrients. Therefore, it is recommended that we eat a rainbow of color in order to obtain the benefits of different nutrients.

Nutrition Facts	
Serving Size 1.00	
Serving Per Container 4	
Amount Per Serving	
<b>Calories 89</b>	
	% Daily Value*
<b>Sodium 17 mg</b>	<b>1%</b>
<b>Total Carbohydrate 21 g</b>	<b>8%</b>
Dietary Fiber 2 g	7%
<b>Protein 2 g</b>	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

Second Harvest is an equal opportunity provider.



# Fast Facts



## Featured Food Groups



ChooseMyPlate.gov

## Cooking Tips



You can try different combinations of fruit and vegetables! The various fruits and vegetables not only give colors to this dish, the colors of fruits and vegetables also indicate different combinations of vitamins, minerals and phytonutrients. Therefore, it is recommended that we eat a rainbow of color in order to obtain the benefits of different nutrients.

Nutrition Facts	
Serving Size 1.00	
Serving Per Container 4	
Amount Per Serving	
<b>Calories 89</b>	
	% Daily Value*
<b>Sodium 17 mg</b>	<b>1%</b>
<b>Total Carbohydrate 21 g</b>	<b>8%</b>
Dietary Fiber 2 g	7%
<b>Protein 2 g</b>	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

Second Harvest is an equal opportunity provider.