

Egg Roll In A Bowl

Items Needed: Wok or large saute pan, knife, cutting board, grater or microplane, wooden spoon or tongs.

Makes: 4 servings

Ingredients:

- 2 tsp olive oil
- 1 tsp sesame oil
- 2 cloves garlic
- 2 tsp grated ginger
- 1 lb of lean ground chicken, turkey, soy crumbles. Or 1/2-3/4 block of extra firm tofu.
- ½ medium onion, sliced thinly.
- 1 cup shredded carrots
- ¼ head of cabbage thinly shredded.
- 2 Tbsp low sodium tamari
- Optional additions:
 - 1 tbsp sriracha
 - 2 green onions
 - 1 tbsp toasted sesame seeds
- Wonton Crisps:
 - Wonton wrappers
 - Olive oil
 - Salt and Pepper

Directions:

1. Prep veggies and have ready to go.
2. In a large saute pan, add olive oil, or olive oil blend, heat over medium until oil is hot, add garlic, ginger and onion and cook until the onion is softened or slightly translucent.
3. Add the meat, and cook until browned throughout. Move the protein to the side of your saute pan and add carrots and cabbage. Cook until softened (if needed add water to help steam in the pan.)
4. Finish with soy sauce (tamari) and Sriracha if you prefer, mix until well coated and then remove from heat.
5. Portion into bowls and finish with sliced green onions and sesame seeds if you prefer.
6. If you would like to make Wonton Crisps for your bowls, grab your wonton wrappers, a little olive oil, salt and pepper: Preheat your oven to 375 degrees.
7. Slice your wonton squares into ½ inch strips, place on baking sheet and drizzle with a touch of olive oil, salt and pepper.



8. Bake for 5 minutes, check on doneness and if not golden, give a stir with your tongs and return to the oven for 2 minutes intervals.
9. Once the wonton crisps have reached golden brown, remove from oven and set aside to cool.
10. Top your bowls with crisps for a crunchy delicious finish. I like to start these first, then brown whatever protein I am using so everything finishes at the same time.

Nutrition Information (per 1/4 recipe): Nutritionals were calculated using lean ground chicken.

Calories: 244 Fat: 13 g Carbs: 11 g Protein: 23g Fiber: 2.5 g Sodium: 790 mg

<https://wexnermedical.osu.edu/nutrition-services>

