



Egg Roll Bowl

INGREDIENTS

7 oz. ground turkey (chicken or pork can also be used)
3 TBS soy sauce; divided
½ small onion; chopped
2 garlic cloves; minced
½ tsp grated fresh ginger

1 package shredded coleslaw mix
2 ½ oz dried shiitake mushrooms
½ TBS rice wine vinegar
½ tsp toasted sesame oil
2 TBS hot mustard, Hoisin or duck sauce

DIRECTIONS

Set a large nonstick skillet or wok over medium high heat. Add the ground meat and 1 tablespoon of the soy sauce. Cook, using a wooden spoon to break the meat into small pieces as it browns, about 3 minutes. Add the onion, garlic, ginger, and cook, stirring until soft, 2-3 minutes. Add the coleslaw and mushrooms. Pour in the remaining 2 tablespoons soy sauce, the rice wine, and sesame oil. Cook, stirring occasionally, until the cabbage slaw is wilted but still crunchy, 3-4 minutes. Remove from heat and stir in hot mustard, hoisin or duck sauce. Serve hot. Makes 4 servings at 250 per serving (when using ground turkey).