

One Fun Egg Roll

Baked to perfection, not fried!

Makes: 14

Ingredients:

1 tablespoon water
1 1/2 tablespoons reduced-sodium soy sauce
1 teaspoon vegetable oil
1 teaspoon brown sugar
1 tablespoon plus 1 teaspoon cornstarch

1 cup finely shredded carrot
2 cups finely shredded cabbage
1 cup finely diced green pepper
1/4 teaspoon pepper
1 cup cooked, shredded chicken or turkey or
1 (10-ounce) can drained chicken breast meat, shredded
14 egg roll wrappers

K-STATE RESEARCH AND EXTENSION
FAMILY NUTRITION PROGRAM



Chef's Choice

One Fun Egg Roll
Rice
Canned peaches
Low fat milk

1 garlic clove, minced
1 cup finely diced broccoli
1/2 cup finely diced onion

Directions:

Remember to wash your hands!

1. In a small bowl, combine water, soy sauce, oil and brown sugar; whisk in cornstarch and set aside. 2. Heat a nonstick skillet or wok on medium-high heat. Add vegetables, garlic and pepper. Cook 3 minutes. Add chicken and cook 1 minute more. 3. Pour soy sauce mixture into chicken mixture; toss well. Remove from heat and set aside. 4. Preheat oven to 400 degrees F. 5. Spray a baking sheet with cooking spray. 6. Place 1 egg roll wrapper (on sanitized countertop) so it looks like a diamond. Put 1/4 cup filling just below center. Pull bottom edge of wrapper up and tuck under filling. Fold in the left and right corners. Tightly roll-up egg roll. Moisten the top corner of wrapper with a bit of water to prevent it from unrolling. (Keep the egg roll wraps in their package so they don't dry out between making each one.) 7. Place egg roll, seam-side-down, on baking sheet and repeat with remaining wrappers and filling. Lightly spray egg rolls with cooking spray. Bake 18 to 22 minutes until golden brown.

Nutrition Facts: One egg roll provides 150 calories, 1.5g total fat, 20mg cholesterol, 270mg sodium, 23g total carbohydrate

Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity employer and provider. This material was funded by USDA's Food Stamp Program through a contract by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

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