

One Fun Egg Roll

Baked to perfection, not fried!



Level: Medium

Makes: 14

Kids' Tool Kit

Nonstick skillet
or wok
Measuring spoons
Measuring cups
Small bowl
Whisk
Paring knife
Cutting board
Grater
Can opener
Baking sheet
Cooking spray

Chef's Choice

One Fun Egg Roll
Rice
Canned peaches
Low fat milk

Nutrition Facts

Serving Size 1 egg roll (100g)	
Servings Per Container 14	
Amount Per Serving	
Calories 150	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Cholesterol 20mg	7%
Sodium 270mg	11%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Sugars 2g	
Protein 10g	
Vitamin A 25%	Vitamin C 35%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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 diced broccoli
- 1/2 cup finely diced onion
- 1 cup finely shredded carrot
- 2 cups finely shredded cabbage
- 1 cup finely diced green pepper
- 1 garlic clove, minced
- 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



Directions:

Remember to wash your hands and the countertop!

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.



Helpful Hints: Have all the vegetables prepared before heating the skillet or wok. If you don't have a nonstick skillet, add 1 tablespoon oil. You can use any combination of vegetables and different kinds of cooked meat in the egg rolls.

Egg roll wraps (or skins) can be found in the produce section at the grocery store. A 16-ounce package has about 14 wraps. Keep refrigerated until ready to use. They are very easy to use and wrap around filling. Just remember to lay out 1 wrap at a time and keep the others covered in the package or with a clean damp towel so they don't dry out.

This makes a great family activity! There is "action" for everyone including shredding, grating, stirring, whisking and wrapping. Kids will have fun making egg rolls and even more fun eating them. Try different dips - salsa, sweet and sour sauce, or mustard.



Safety Tips in the Kitchen: Wash vegetables with running water before shredding or dicing to remove dirt and germs. A clean work area is a must, especially with this recipe, since the wraps are placed on the countertop. Sanitize countertops with a teaspoon bleach in a quart spray bottle. Spray countertops, wipe with a clean paper towel and toss.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.