

# CABBAGE!



## BAKED EGG ROLLS

Yield: 14 Egg Rolls

Recipe created by Recipe for Success

### INGREDIENTS

#### FOR THE EGG ROLLS

2/3 cup	chopped celery
2/3 cup	chopped carrot
2 cups	shredded cabbage
2/3 cup	chopped onion
1/2 teaspoon	vegetable oil
1/2 teaspoon	minced peeled fresh ginger
1	garlic clove
1/2 pound	minced ground turkey breast
1 1/2 tablespoons	low-sodium soy sauce
	black pepper
14	egg roll wrappers
1	large egg white
	cooking spray

#### FOR THE SAUCE

3/4 cup	low-sodium soy sauce
6 tablespoons	rice vinegar
2 tablespoons	sesame oil
1 tablespoon	minced peeled fresh ginger
1/3 cup	thinly sliced green onions (optional)

*(recipe continued on other side)*

CABBAGE IS ONE OF THE OLDEST VEGETABLES DATING BACK TO THE 1600'S. ONE CUP OF CABBAGE HAS ONLY 15 CALORIES!

## BAKED EGG ROLLS CONTINUED

### MAKE THE EGG ROLLS

Preheat oven to 425°F.

Combine celery and carrot in food processor, and pulse 10 times or until finely chopped.

Combine celery mixture and cabbage in a medium bowl. Cover with plastic wrap and vent by poking several holes in the top. Microwave at high 5 minutes; drain.

Heat vegetable oil in a large nonstick skillet over medium-high heat. Add onion, ½ teaspoon ginger, and garlic; sauté 2 minutes. Add turkey; cook 5 minutes.

Remove from heat; stir in cabbage mixture, 1½ tablespoons soy sauce, and pepper. Cover and chill 15 minutes.

Place 1 egg roll wrapper at a time onto work surface with 1 corner pointing toward you (wrapper should look like a diamond). Spoon 3 tablespoons filling into center of wrapper.

Fold lower corner of egg roll wrapper over filling. Fold in trimmed corners. Moisten top corner of wrapper with egg white; roll up jelly-roll fashion.

Repeat procedure with remaining wrappers, filling, and egg white.

Lightly coat egg rolls with cooking spray, and place, seam side down, on a parchment paper lined baking sheet. Bake for 18 minutes or until golden brown.

### MAKE THE DIPPING SAUCE

Combine ¾ cup soy sauce, vinegar, sesame oil, and 1 tablespoon ginger; serve with egg rolls. Garnish with green onions, if desired.



### COOKING TIP

Store cabbage uncut in a plastic bag. This will help to increase the shelf life and preserve the nutrients. Once cut, cabbage begins to lose its stores of vitamin C.

