BAKED EGG ROLLS
Yield: 14 Egg Rolls
Recipe created by Recipe for Success

INGREDIENTS
FOR THE EGG ROLLS
⅔ cup chopped celery
⅔ cup chopped carrot
2 cups shredded cabbage
⅔ cup chopped onion
½ teaspoon vegetable oil
½ teaspoon minced peeled fresh ginger
1 garlic clove
½ pound minced ground turkey breast
1½ tablespoons low-sodium soy sauce
black pepper
14 egg roll wrappers
1 large egg white
cooking spray

FOR THE SAUCE
¾ cup low-sodium soy sauce
6 tablespoons rice vinegar
2 tablespoons sesame oil
1 tablespoon minced peeled fresh ginger
½ 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.

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