

THIS WEEK'S RECIPE

As seen on hdnews.net



One Fun Egg Roll

Baked to perfection, not fried!

Makes: 14

Ingredients:

- 1 tablespoon water
- 1½ 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
- 1 (10-ounce) can drained chicken breast meat, shredded
- 14 egg roll wrappers



Directions:

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

Serving Size 1 egg roll
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	25g
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



Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Water	Your Faucet
Soy Sauce	#9
Vegetable Oil	#11
Brown Sugar	#11
Cornstarch	#11
Broccoli	Produce
Onion	Produce
Carrot	Produce
Cabbage	Produce
Green Pepper	Produce
Garlic Clove	Produce
Pepper	Produce
Chicken Or Turkey	Meat
Chicken Breast Meat	#6
Egg Roll Wrappers	Dairy

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