



**Eat Right
Be Fit
Live Well**

Egg Roll in a Bowl

Servings: 4 people

Ingredients

2 tablespoons sesame oil
6 green spring onions sliced, green and white parts divided
1/2 cup red onion diced
5 cloves garlic minced or 1.5 Tbps. of jarred, minced garlic
1 pound ground chicken or turkey – can also use 20oz of cubed tofu.
1 teaspoon fresh grated ginger
2-3 tablespoons Sriracha, or chili-garlic sauce
14 ounce bag coleslaw mix (mixture of red and green cabbage and shredded carrots)
3 tablespoons coconut amino acids or lite soy sauce/tamari sauce
1 tablespoon rice wine vinegar
1/8 - 1/4 teaspoon black pepper
Salt to taste

Garnish

black sesame seeds for garnish
green parts of sliced green onions from above

Creamy Chili Sauce

1/4 cup olive oil or other mayonnaise
Sriracha or garlic sauce
salt to taste

Instructions

1. Heat sesame oil in a large skillet over medium heat.
2. Add white parts of green onions, diced red onion, and garlic and sauté, stirring frequently, until red onion begins to soften, about 5 minutes.
3. Add ground chicken, turkey or tofu, grated ginger, and 1 tablespoon sriracha or chili-garlic sauce and cook until meat or tofu is browned, and cooked through (meat) about 7-10 minutes. Probably just 5 minutes for tofu.
4. Add coleslaw mix, coconut amino acids or soy sauce, rice wine vinegar, pepper, and salt to taste. Stir until well combined. Cook, stirring regularly, until cabbage is tender, about 5 minutes.
5. Meanwhile, in a small bowl whisk together 1/4 cup mayonnaise and 1-2 tablespoons sriracha or chili garlic sauce. Add a pinch of salt to taste.
6. To plate: spoon a hearty helping of the meat/cabbage mixture in a serving bowl. Drizzle with the creamy chili sauce in a bowl recipe mixture. Garnish with green parts of the green onions and black sesame seeds.

Compliments of 40 Aprons