

Baked Vegetable Egg Rolls

Ingredients:

1 teaspoon olive oil	2 tablespoons soy sauce, reduced sodium
2 cups cabbage, chopped	1 tablespoon corn starch
2 cups carrots, shredded	1/4 cup water
2 cups bean sprouts	14 egg roll wraps
1 can of water chestnuts, chopped	<i>Sweet chili dipping sauce or sweet and sour sauce (for dipping)</i>
2 tablespoons green onions, sliced	
1 teaspoon fresh ginger, grated	

Directions:

1. Heat olive oil in large skillet over medium heat. Add the cabbage, sprouts, carrots, chestnuts, and ginger to the pan and cook, stirring frequently 4 - 5 minutes, until the vegetables begin to wilt, but still crisp. Mix in the corn starch with the water. Add the cornstarch mixture, soy sauce, and green onions to the pan. Cook for an additional 1 - 2 minutes or until sauce thickens. Remove from heat and let cool.
2. Place 2 tablespoons of the cooled mixture on the center of the egg roll wrap. Fold the bottom up over the filling. Next fold the two sides over, making it look like an envelope, then roll up like a burrito.
3. Preheat the oven to 400°F. Spray a baking sheet with cooking spray. Place the rolled up egg rolls on the baking sheet; spray the top of each roll with cooking spray.
4. Place in oven and bake for 8 – 10 minutes, then turn them over. Bake for an additional 5 – 7 minutes or until crispy and golden brown. Serve with sweet chili sauce or sweet and sour sauce. Enjoy!

Nutrition Facts	
Serving Size 1 egg roll (68g)	
Servings Per Container 14	
Amount Per Serving	
Calories 90	Calories from Fat 10
<small>% Daily Value*</small>	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 200mg	8%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 4g	
Vitamin A 30%	Vitamin C 8%
Calcium 2%	Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
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	

For more information, please contact:

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