



Recipe of the Week: Cookbook

RECIPE OF THE WEEK

EGG ROLL IN A BOWL

INGREDIENTS

- 1/2 cup of Coconut Aminos or Low Sodium Soy Sauce
- 2 Tbs Toasted Sesame Oil
- 2 Tbs Rice Vinegar
- 5 Garlic Cloves, Minced
- 1 Tbs grated peeled fresh ginger
- 1/2 tsp Chinese 5-Spice Powder
- 1-2 tsp avocado or olive oil
- 8 green onions, sliced; white/light green and dark green parts separated
- 1lb lean ground chicken or turkey
- 2 12oz bags broccoli slaw mix or coleslaw mix

OPTIONAL TOPPINGS:

-black sesame seeds, sriracha, sliced avocado, and cilantro



4 SERVINGS



30 MIN

NUTRITION

Serving: 1/4 recipe
Calories: 299 Calories
Fat: 16g
Carbs: 15g
Fiber: 3g
Protein: 23g

This recipe pairs well with brown rice, white rice, or even served in lettuce wraps!

This bowl is a nutrient-dense recipe that is low in saturated fats while being high in vitamins, minerals, fiber, protein, and healthy fats.

DIRECTIONS

1. In a small bowl, combine the coconut aminos or low sodium soy sauce, sesame oil, rice vinegar, garlic, ginger, and 5-spice powder. Whisk to combine then set aside.
2. Place a large skillet over medium heat. When the skillet is hot, add the oil and swirl to coat the bottom. Add the white and light green parts of the green onions and cook for 2–3 minutes or until the green onions start to soften, stirring occasionally.
3. Add the chicken to the skillet, break it up with a large wooden spoon, and cook for 5–6 minutes or until the chicken is cooked through and no longer pink, stirring occasionally.
4. Increase the heat to medium-high. Add the broccoli slaw and sauce. Cook for 6–7 minutes or until the slaw is crisp-tender or cooked to your liking, stirring occasionally.
5. Stir in the dark green parts of the green onions, then remove from the heat.
6. Serve in bowls, and garnish with sesame seeds, sriracha, sliced avocado, and/or cilantro leaves, if desired.

Recipe from: <https://therealfooddietitians.com/easy-egg-roll-in-a-bowl/>