

# Egg-cellent Eggrolls

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|-----|------------------------------|----|--|
| 4 c | Coleslaw mix                 | 1. | PREHEAT oven to 425°F and place a baking sheet in the oven as it preheats.   |
| 1 c | Carrots, diced or matchstick | 2. | MIX coleslaw, carrots, green onion, mushrooms, soy sauce, garlic and ginger in a large bowl.   |
| 2   | Green onions, diced          | 3. | For each eggroll PLACE the wrap down so it is a diamond.   |
| 2 c | Mushrooms, diced             | 4. | PLACE 1/3 c of the filling in the middle of the wrap spreading it horizontally from corner to corner.  |
| 2 T | Soy sauce, lower sodium      | 5. | FOLD the bottom corner over the filling halfway. FOLD both sides in towards the middle.  |
| 1   | Garlic clove, minced         | 6. | WET the remaining top triangle edges with water then ROLL the eggroll away from you over the flap to seal tightly.                                   |
| ¼ t | Ground ginger                | 7. | REMOVE the baking sheet from the oven. SPRAY with cooking spray, PLACE eggrolls seam side down on the sheet, SPRAY again and BAKE for 18-20 minutes. |
| 18  | Eggroll wrappers, 7 inch     | 8. | FLIP eggrolls half way through the baking process.   |
| ¼ c | Water to seal eggrolls       |    |  |
- Cooking Spray

**Makes 18 servings**



**Nutrition Information: 70 calories, 0 g fat, 5 mg cholesterol, 210 mg sodium, 14 g carbohydrates, 1 g fiber, 3 g protein**

## Chickasaw Nation Nutrition Services

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