

Egg Roll in a Bowl

Servings: 4

Diet: Gluten-Free

Ingredients

- 1 tablespoon oil
- 1 small onion, chopped
- 1 pound ground turkey or chicken
- ¼ teaspoon garlic powder
- ¼ teaspoon ground ginger
- ½ medium head of cabbage, chopped or shredded
- 2 carrots, chopped or shredded
- 2 tablespoons low-sodium soy sauce
- Optional: peanuts, cilantro

Instructions

STEP 1: Heat oil in a large skillet. Add onions and cook until soft, about 5 minutes.

STEP 2: Add the turkey and cook until turkey is browned, about 10-15 minutes. Add the garlic and ginger, mixing for an additional 1 minute.

STEP 3: Add the cabbage, carrots, and soy sauce. Mix well. Cover and cook until tender, about 10 minutes. Remove the cover and cook 5 minutes longer.

STEP 4: Top with peanuts and cilantro if desired.



- **Reduce Food Waste:** Slice the remaining leftover cabbage, toss with oil, salt and black pepper, and roast on a baking sheet for 20 minutes at 400°F.
- **Make it Gluten-Free:** Use gluten-free soy sauce or tamari instead of regular soy sauce.



Per Serving: 200 Calories | 13g Carbs | 6g Sugar | 4g Fiber | 4.5g Fat (0g Sat Fat) | 29g Protein | 390mg Sodium

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