

# Unstuffed Egg Roll Bowl



*Ditch the wrapper and enjoy this delicious dish, inspired by a classic Chinese Food takeout order. It has the flavors you love with fewer calories & carbs.*

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>25 MIN</b>
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## INGREDIENTS

1 cup	Edamame, frozen, shelled
1 lb	Ground Turkey
¼ tsp	Black Pepper
½ tsp	Garlic Powder
½ tsp	Onion Powder
1 Tbsp	Olive Oil
1 Tbsp	Sesame Oil
½ each	Onion, diced
4 cloves	Garlic, minced
1 (16 oz) bag	Coleslaw Mix
1 medium	Carrot, grated
3 Tbsp	Low-Sodium Soy Sauce
1½ tsp	Ground Ginger
¼ tsp	Crushed Red Pepper Flakes
3 stalks	Green Onion, sliced

## CHEF'S NOTES

This egg roll bowl is packed with protein and flavor. Best of all, it comes together quickly in one-pan!

Feel free to add in additional vegetable mix-ins such as bell peppers, snow peas, or water chestnuts for more color, flavor, and crunch.

Serve over cauliflower rice or brown rice for an even more filling meal.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Place frozen shelled edamame in a microwave safe dish with a splash of water. Cover and microwave until fully thawed, about 1 minute. Remove from microwave and set aside.
3. In a medium mixing bowl, season the ground turkey with black pepper, garlic powder, and onion powder.
4. Heat a large **non-stick** sauté pan over medium-high heat and once hot, add the olive oil then the seasoned ground turkey. Cook over medium-high heat until fully cooked. Remove turkey from pan and set aside.
5. Heat the sesame oil in the pan used to cook the turkey and add onions. Stirring often, sauté onions until tender, about 2-3 minutes. Add garlic and sauté until fragrant, about 30 seconds. Add thawed edamame, coleslaw, carrots, soy sauce, ginger and crushed red pepper. Stirring often, cook until tender, around 5-6 minutes.
6. Once the vegetables are tender, add the cooked turkey back to the pan and toss to combine. Top with green onions and serve.

# Nutrition Facts

4 servings per container

**Serving size** 1 1/2 cups (299g)

**Amount Per Serving**

**Calories** **290**

**% Daily Value\***

**Total Fat** 15g **19%**

Saturated Fat 3g **15%**

*Trans* Fat 0g

**Cholesterol** 85mg **28%**

**Sodium** 550mg **24%**

**Total Carbohydrate** 14g **5%**

Dietary Fiber 5g **18%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

**Protein** 27g **54%**

Vitamin D 0.4mcg 2%

Calcium 100mg 8%

Iron 2.3mg 15%

Potassium 670mg 15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: WHEAT, SOY, SESAME

Recipe adapted from American Diabetes Association, Diabetes Food Hub, "Unstuffed Eggroll"



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