

Egg Roll in a Bowl

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Serves 2, 1 FSP per serving

You can mix this up and use ground chicken or shredded chicken, or even ground pork. Just adjust points accordingly

- 1 tsp olive oil
- 1 bag tri colored cole slaw mix
- 1 clove garlic (minced)
- 1/4 tsp ginger – grated, powdered or minced
- 2 Tbsp low sodium soy sauce
- 10 oz cooked shrimp (or substitute your favorite meat) (cut into small pieces)
- 1 tsp sesame oil

1. Heat olive oil in a skillet. Add cole slaw mix, ginger, garlic and soy sauce and cook until tender crisp – I go 10-15 minutes. Add shrimp and heat through. Finish with sesame oil and stir.

If using raw shrimp, chicken, turkey or pork, you can cook that right along with the cole slaw from the beginning.