

# 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.\*\**