

Egg Rolls

Egg Rolls

Serves 8, 2 FSP per eggroll

- 1 tsp olive oil
- 1 bag shredded cole slaw mix with carrots
- 1/4 tsp ginger (in a tube, fresh grated, powdered)
- 1 clove minced garlic
- 3 Tbsp low sodium soy sauce
- 10 oz cooked shrimp (or chicken), cut into small pieces (if using chicken, finely diced)
- 1/4 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 about 15 minutes.
2. Add cole slaw mix, ginger, garlic and soy sauce and cook until tender crisp. I go about 15 minutes.
3. Add shrimp and heat through. Finish with a 1/4 tsp of sesame oil and stir well.
4. Divide evenly onto 8 eggroll wrappers and wet edges of wrapper and roll up, tucking in ends. Spray with olive oil spray
5. Air fry at 390 for 8 minutes or bake in oven at 400 for 8-10 minutes, turn and cook 5-7 minutes longer