

Egg Rolls

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Makes 8, 1 egg roll is 2 FSP

- 1 tsp olive oil
- 1 bag shredded cole slaw mix with carrots
- 1/4 tsp ginger – in a tube, fresh grated or powdered
- 1 clove minced garlic
- 2 Tbsp low sodium soy sauce
- 10 oz cooked shrimp or chicken (cut into small pieces)
- 1/4 tsp sesame oil
- 8 egg roll wrappers

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 shrimp or chicken and heat through.
3. Drizzle 1/4 tsp of sesame oil over slaw mix and mix well.
4. Divide into 8 portions. Place 1 portion on an egg roll wrapper and fold ends in, then roll.
5. Air fry at 390 for 8 minutes, turning half way through (can spray with olive oil spray)
6. Or, bake in 400 degree oven for 8-10 minutes, turn and cook 5-7 minutes longer.

