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Egg Roll in a Bowl

Total Time: 20 minutes

Satisfy your craving for Chinese food without the carbohydrates and fat. Plus, this recipe is SO easy, loaded with lean protein, and great for leftovers.

INGREDIENTS:

- 1 pound lean ground beef, turkey, or sausage
- 2 Tbsp sesame oil
- 3 Tbsp soy sauce
- 3 green onions, sliced
- 2 cloves garlic, minced
- Pinch of red pepper flakes (or more if you like spicy)
- 1 tsp ground ginger
- 1 bag coleslaw mix



DIRECTIONS:

1. Cook ground meat in a frying pan on medium heat.
2. In a medium pot, add sesame oil, soy sauce, green onions and garlic over medium heat and saute until tender.
3. Add ground ginger, red pepper flakes, and coleslaw and cook until slaw is mostly tender or still slightly crunchy (depending on your personal preference).
4. Drain excess fat from cooked ground meat (if there is any) and then add the meat to the slaw mixture and stir until combined.
5. Top with optional salt, pepper, and more red pepper flakes and serve.



NUTRITION INFORMATION (if made with lean ground turkey)

Yield: 3 servings, Serving Size: 1/3 of recipe

Amount Per Serving: Calories: 250, Total Fat: 10g, Carbohydrates: 10g, Fiber: 3g, Sugar: 5g, Protein: 26g