

EGG ROLL IN A BOWL

Serves 4 to 6

Ingredients

- 2 teaspoons **olive oil**
- 1 pound **ground chicken**
- 1 medium **onion**, diced
- 2 **garlic cloves**, minced
- 1 tablespoon **fresh ginger**, minced
- 1 14-ounce bag **coleslaw mix** (or 6 cups shredded cabbage and carrots)
- 3 tablespoons **low-sodium soy sauce**
- 1 tablespoon **rice vinegar**
- **Optional:** sliced green onions, chopped peanuts, hot sauce or chili garlic sauce

Nutrition Facts*

1 serving

Calories: 190

Protein: 16 grams

Total Carbohydrates: 11 grams

Dietary Fiber: 2 grams

Total Fat: 9 grams

**Nutrition facts are an estimate and vary based on serving size.*



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Directions

- 1 Heat the oil in a wok or large sauté pan over medium heat. Once hot, add the ground chicken and cook, breaking up the chicken, until browned and cooked through, about 5 to 7 minutes.
- 2 Add the diced onion, garlic and ginger. Sauté for another 2 to 3 minutes until the onion softens.
- 3 Add the coleslaw mix and cook, stirring occasionally, for 4 to 5 minutes or until the cabbage is tender but not soggy.
- 4 Add the soy sauce and rice vinegar. Mix well and cook for another 1 to 2 minutes. Taste and adjust flavors, if desired.
- 5 Optional: Top with sliced green onions, chopped peanuts, hot sauce or chili garlic sauce for heat.
- 6 Serve warm on its own or over brown rice, quinoa, farro or cauliflower rice.



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