



Chicken Egg Roll in a Bowl



Entire recipe: 340 calories, 8.5g total fat (1g sat. fat), 834mg sodium, 28.5g carbs, 8g fiber, 13.5g sugars, 34g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

1 tbsp. reduced-sodium soy sauce, or more for topping
1 1/2 tsp. sesame oil
1 1/2 tsp. chopped garlic
1/2 tsp. ground ginger, divided
1 dash black pepper
4 oz. raw extra-lean ground chicken (at least 98% lean)
1/4 tsp. garlic powder
1 dash salt
4 cups bagged coleslaw mix
1 cup bean sprouts
1/3 cup chopped scallions, or more for topping
1/4 cup canned sliced water chestnuts, drained and chopped
Optional topping: [chili garlic sauce](#)

Directions

To make the sauce, in a small bowl, combine soy sauce, oil, garlic, 1/4 tsp. ginger, and pepper. Mix until uniform.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add chicken, garlic powder, salt, and remaining 1/4 tsp. ginger. Cook, stir, and crumble just until browned on the outside, about 2 minutes.

Add coleslaw, bean sprouts, and 1/3 cup water. Cover and cook for 6 minutes, or until veggies are fully softened and chicken is fully cooked.

Uncover and, if needed, cook and stir until water has evaporated, 2–3 minutes.

Add sauce, scallions, and chopped water chestnuts. Cook and stir until hot and well mixed, about 1 minute.

MAKES 1 SERVING

HG FYI: Not all soy sauce is gluten free, so read labels carefully if that's a concern.

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