



Deconstructed Egg Roll Nachos



1/2 of recipe: 224 calories, 1.5g total fat (<0.5g sat. fat), 593mg sodium, 27g carbs, 2g fiber, 8g sugars, 22.5g protein

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

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Ingredients

- 2 egg roll wrappers (stocked with the tofu at the supermarket)
- 6 oz. raw extra-lean ground chicken (at least 98% lean)
- 1/3 cup shredded carrots, roughly chopped
- 1/4 cup canned sliced water chestnuts, drained and chopped
- 1/4 cup chopped scallions, or more for topping
- 1 tbsp. dried minced onion
- 2 tsp. reduced-sodium/lite soy sauce
- 1 1/2 tsp. seasoned rice vinegar
- 1 tsp. chopped garlic
- 1/2 tsp. ground ginger
- 1 tbsp. sweet chili sauce

Directions

Preheat oven to 350 degrees. Spray a large baking sheet with nonstick spray.

Cut egg roll wrappers in half, and cut each half into 5 triangles, for a total of 20 chips.

Lay chips on the sheet. Spray with nonstick spray. Bake until lightly browned and crispy, about 7 minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add all remaining ingredients *except* chili sauce. Cook and crumble for about 5 minutes, until chicken is cooked through.

Transfer chips to a large plate. Top with chicken mixture, and drizzle with chili sauce.

MAKES 2 SERVINGS

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