



EZ Baked Egg Rolls



1/6th of recipe (1 egg roll): 82 calories, <0.5g total fat (0g sat. fat), 308mg sodium, 17g carbs, 1.5g fiber, 2g sugars, 3g protein

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Prep: 20 minutes **Cook:** 35 minutes



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Ingredients

4 cups bagged coleslaw mix
1/2 cup canned sliced water chestnuts, drained and chopped
1/4 cup chopped scallions
1 1/2 tbsp. reduced-sodium/lite soy sauce
1 tsp. crushed garlic
1/2 tsp. ground ginger
1/8 tsp. salt
Dash black pepper
6 large square egg roll wrappers
Optional dip: sweet Asian chili sauce

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Place coleslaw mix in a large microwave-safe bowl with 2 tbsp. water. Cover and microwave for 3 minutes, or until softened.

Drain excess water. Add all remaining ingredients *except* egg roll wrappers. Mix well.

Lay an egg roll wrapper flat on a dry surface. Evenly distribute about 1/6th of the slaw mixture (about 1/3 cup) in a row a little below the center.

Moisten all four edges by dabbing your fingers in water and going over the edges smoothly. Fold the sides about 3/4 inch toward the middle, to keep mixture from falling out. Roll up the wrapper around the mixture and continue to the top. Seal with a dab of water.

Place on the baking sheet, and repeat with remaining mixture and wrappers.

Spray egg rolls with nonstick spray. Bake until golden brown, 25 - 30 minutes.

MAKES 6 SERVINGS

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