



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

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Four or More Servings](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.