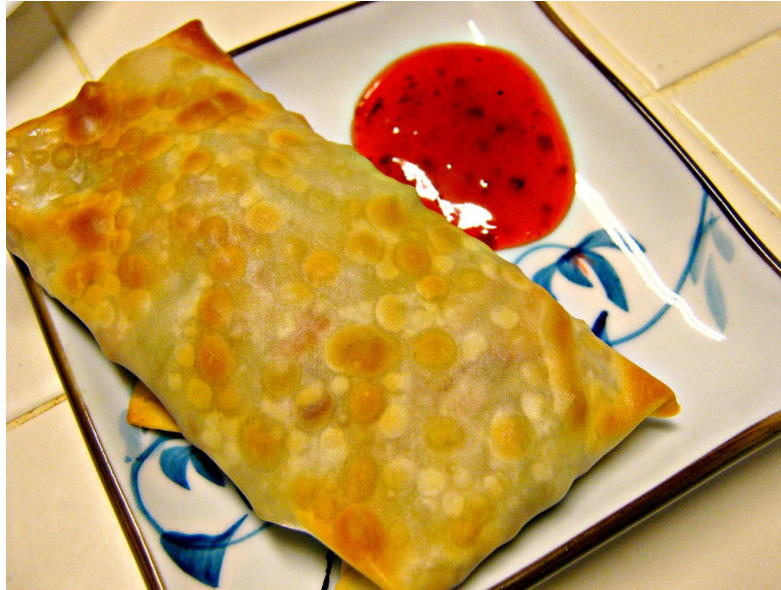


Baked Chinese Egg Rolls



Ingredients

- 2 Tablespoons olive oil , divided
- 1 large onion sliced thin
- 4 ribs of celery sliced on a bias
- 6 ounces broccoli slaw (or coleslaw mix)
- 1-2 Tablespoons soy sauce or stir fry sauce
- 4 ounces lean ground pork or turkey
- Egg Roll Wrappers

Instructions

1. Preheat oven to 400 degrees.
2. Heat 1 Tablespoon oil in non-stick skillet over medium heat.
3. Add onions and celery and cook 5 minutes until onions are translucent, add broccoli slaw, sauce and ground meat.
4. Break up ground meat into small pieces and cook until browned and veggies are tender crisp
5. Add salt/pepper as desired.
6. Place about 1/3 cup filling on egg roll wrapper, fold in the edges and roll
7. Continue filling egg rolls and place on baking sheet lined with parchment paper.
8. Brush egg rolls with remaining 1 Tablespoon olive oil and bake 10-12 minutes or until brown.
9. Serve with sweet & sour sauce.

Make about 8 egg rolls. Baking the egg rolls reduces the calories and fat.