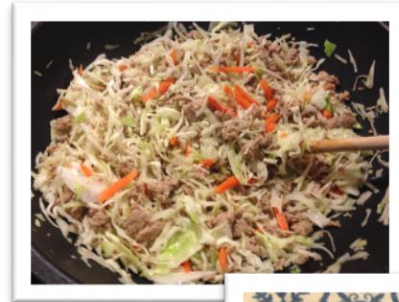


Inside Out Egg Roll

Faster than ordering take-out and so much better for you!

Ingredients

- 1 pound turkey sausage or ground turkey
- 1 pkg - 6 cups coleslaw mix or shredded cabbage
- 4 cloves garlic, minced
- 1 Tbls fresh ginger or ¼ tsp powdered ginger
- 1 Tbls soy sauce
- ¼ cup sliced green onion
- 1 Tbls sesame oil



Directions

1. Brown ground turkey in large skillet or wok. Do not drain.
2. Add coleslaw mix, garlic and ginger. Cook for 4-5 minutes or until cabbage starts to soften.
3. Drizzle with sesame oil and stir in soy sauce.
4. Serve with green onion garnish and soy sauce.

Makes 4 servings

Nutrition Facts: (per serving)

Calories 210

Total Fat 10g

Carbohydrates 5.5g

Dietary Fiber 2.5g

Protein 24g