



EGG ROLL IN A BOWL

Ingredients:

5 each	Chicken sausage links, removed from casing
1 bag	Shredded cabbage/coleslaw mix (10-14 ounces)
1 tablespoon	Garlic, minced
2 tablespoons	Ginger, minced
3 each	Green onion, sliced
1 each	Bell pepper, diced
1 cup	Shredded carrots
1/4 cup	Cilantro, chopped
1/4 teaspoon	Crushed red pepper flakes
3 tablespoons	Low-sodium soy sauce or Bragg's Amino Acid
1 teaspoon	Sesame oil

Method:

- Preheat a large sauté pan to medium heat.
- Add sesame oil.
- Add chicken sausage, garlic, and ginger. As it is cooking, break meat up.
- Allow to cook for 5-7 minutes, add bell pepper, green onion, and carrots.
- Continue to cook for about 5 minutes, allowing vegetables to caramelize.
- Add entire bag of cabbage and soy sauce.
- Cook until cabbage is slightly wilted, or about 5 minutes.

Serves: 3

Serving Size: 2 cups

Calories: 280

Fat: 12 grams

Carbohydrates: 13 grams

Fiber: 5 grams

Protein: 31 grams

Chef's Note: This entire recipe will come together within 15-20 minutes. It's a great go-to for a weeknight meal. Serve it with rice or quinoa.