



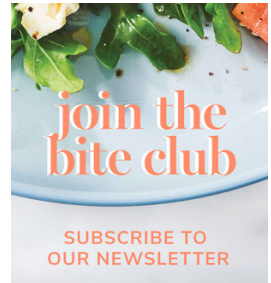
## healthy egg roll bowl

Forget take-out. Your good fortune is sealed with our healthy, quick and simple Egg Roll Bowl, brimming with chicken, ginger, veggies and sweet & sour sauce.

SERVES: 4



julie albert  
& lisa gnat



### ingredients

#### Sweet & Sour Sauce

- ¼ cup brown sugar
- 3 tbsp apple cider vinegar
- 1 tbsp ketchup
- 1 tbsp soy sauce
- ½ cup water
- 1 tbsp cornstarch
- 2 tbsp water

#### Egg Roll Bowl

- 2 tsp olive oil
- 1 lb ground chicken
- 1 medium onion, thinly sliced
- 2 garlic cloves, minced
- 1 tsp grated fresh ginger
- 1 tbsp soy sauce
- 4 cups thinly sliced and chopped green cabbage
- 2 large carrots, peeled and shredded
- ¼ cup soy sauce
- 1 tbsp dry sherry
- 1 tsp sesame oil
  
- 2 green onions, thinly sliced, for garnish
- 2 tsp sesame seeds, for garnish

### directions

1. To prepare the sweet and sour sauce, in a small saucepan, combine brown sugar, apple cider vinegar, ketchup, soy sauce and ½ cup water. Whisk over medium heat until mixture comes to a boil. Combine cornstarch and 2 tablespoons water add to saucepan. Continue whisking until sauce thickens slightly, about 1 minute. Remove from heat and set aside.
2. In a large skillet, heat olive oil over medium heat. Add ground chicken and stir frequently, breaking up the clumps. Continue cooking until no longer pink and thoroughly cooked. Add onion, garlic, ginger and 1 tablespoon soy sauce. Continue cooking, stirring for 3 minutes. Add cabbage, carrots, ¼ cup soy sauce, sherry and sesame oil. Cook until cabbage just starts to soften, about 4 minutes. Remove from heat. To serve, drizzle with sweet and sour sauce and garnish with green onions and sesame seeds.

*“Scientists have proven beyond a shadow of a doubt that there is life after death — though they say it’s virtually impossible to get decent Chinese food.”*

– DAVID LETTERMAN

print

