Michele Sodon

NUTRITION PER SERVING:

CALORIES	324
PROTEIN	25 G
CARBOHYDRATE	30 G
TOTAL FAT	11 G

PREP TIME:	15-20 MINUTES
COOK TIME:	20 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	2 EGG ROLLS

1	TBSP VEGETABLE OIL
2 TSP	SESAME OIL (OPTIONAL)
2 TSP	GINGER, MINCED (OR ½ TSP DRIED)
1	GARLIC, MINCED (ABOUT 2 CLOVES)
2 TSP	CABBAGE (NAPA OR CHINESE), RINSED AND SHREDDED
2 TSP	CARROTS, PEELED AND SLICED THINLY ON AN ANGLE (JULIENNED)
1	GRILLED BONELESS, SKINLESS CHICKEN BREAST, CUT INTO STRIPS (ABOUT 4 SMALL BREASTS) (LEFTOVER FRIENDLY)
2 TSP	LITE SOY SAUCE
2 TSP	PHYLLO DOUGH SHEETS

NONSTICK COOKING SPRAY

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BAKED EGGROLLS

PHYLLO DOUGH MAKES THESE EGG ROLLS EASY TO ROLL —TRY WITH A SIDE OF WIKI (FAST) RICE

01 Preheat oven to 400 °F

02 Heat vegetable and sesame oils in a large wok or sauté pan over medium heat.

03 Add ginger and garlic. Stir fry quickly, about 30–45 seconds.

04 Add cabbage and carrots. Continue stir frying until the cabbage is soft, about 2–3 minutes.v

05 Add chicken and soy sauce. Toss well and heat through.

06 Remove mixture from the pan, and place in a large colander to drain.

07 To assemble eggrolls, cover layers of phyllo with a damp cloth to stay moist. Place one sheet of phyllo dough on a cutting board. Spray it lightly with cooking spray. Top with another layer of phyllo dough, and spray again. Repeat for a total of four layers. Prepare a second stack with the remaining four layers.

08 Cut layered dough into four squares. Divide filling evenly (about 1 cup portions) into the center of each stack of squares. Fold one corner of the square into the middle (on top of the filling). Fold in the two sides, and roll the eggroll over so the folded parts are on the bottom.

09 Place the rolls on a nonstick baking sheet, and bake for 15–20 minutes, or until brown and crisp and chicken is reheated. Serve immediately.