Baked Egg Rolls
Yield: 6-8 egg rolls

INGREDIENTS:
1 chicken breast, small diced
1 c grated carrots
7 oz bean sprouts, drained (1/2 can)
1/4 cup chopped water chestnuts
2 T chopped green pepper
2 T chopped green onions
1/2 garlic clove, minced
2 tsp cornstarch
1-1/2 tsp water
1-1/2 tsp light soy sauce
1/2 tsp vegetable oil
1/2 tsp brown sugar
1/2 pinch cayenne pepper
6-8 egg roll wrappers

DIRECTIONS:

DAY ONE
1. Heat a small sauté pan over medium heat. Add non-stick cooking spray until the chicken breast is completely cooked.

2. In the meantime, coat a large sauté pan with nonstick cooking spray; add the carrots, bean sprouts, water chestnuts, green pepper, green onions, and garlic. Cook and stir over medium heat until vegetable are crisp-tender, about 3 minutes. Add chicken; heat through.

3. In a small bowl, combine cornstarch, water, soy sauce, oil, brown sugar and cayenne until smooth; stir into chicken mixture. Bring to a boil or until well combined with chicken/vegetable mixture. Cook and stir for 2 minutes; remove from the heat. Spoon 1/4 cup of chicken mixture on the bottom third of one egg roll wrapper; fold sides toward center and roll tightly. Place seam side down on a baking sheet coated with nonstick cooking spray. Repeat with remaining wrappers and filling. Spray tops of egg rolls with nonstick cooking spray.

DAY TWO
Preheat oven to 425 degrees F.
Bake for 10-15 minutes or until lightly browned.
Prepare egg roll dipping sauce (recipe chosen by group)