

Baked Egg Rolls

Yield: 6-8 egg rolls

INGREDIENTS:

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

