

Family-Favorite Turkey Egg Rolls

Virginia Rehm - Waynesville, MO

Simple&Delicious Magazine - April/ May

Preparation Time: 25 minutes

Cook time: 5 minutes

1/2 pound ground turkey

4 1/2 cups coleslaw mix

3 tablespoons sesame seeds

1 tablespoon reduced-sodium soy sauce

2 teaspoons Worcestershire sauce

3/4 teaspoon ground ginger

1/2 teaspoon seasoned salt

12 egg roll wrappers

oil for deep-fat frying

sweet-and-sour sauce

In a large skillet over medium heat, cook the turkey until no longer pink. Drain.

Stir in the coleslaw mix, sesame seeds, soy sauce, Worcestershire sauce, ginger and seasoned salt.

Cook for 3 to 4 minutes or until the cabbage is crisp-tender.

Place 1/4 cup of the turkey mixture in the center of one egg roll wrapper. (Keep the remaining wrappers covered with a damp paper towel until ready to use.) Fold the bottom corner over the filling. Fold the sides toward the center over the filling. Moisten the remaining corner with water and roll up tightly to seal. Repeat.

Heat the oil to 375 degrees in an electric skillet or deep-fat fryer. Fry the egg rolls, a few at a time, for 3 to 4 minutes or until golden brown, turning often. Drain on paper towels.

Serve with sweet-and-sour sauce.

Serving Ideas: Serve with sweet-and-sour or hot mustard dipping sauce.

Yield: 1 dozen egg rolls

Per Serving (excluding unknown items): 1635 Calories; 38g Fat (21.3% calories from fat); 83g Protein; 233g Carbohydrate; 4g Dietary Fiber; 214mg Cholesterol; 3795mg Sodium. Exchanges: 15 Grain(Starch); 6 Lean Meat; 1/2 Vegetable; 4 Fat; 0 Other Carbohydrates.