

# Hawaiian Egg Rolls

Terri Wheeler - Vadnais Heights, MN  
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**Yield: 7 egg rolls**

*10 fresh spinach leaves,  
julienned  
1/2 teaspoon ground ginger  
1/2 pound (2 cups) fully  
cooked ham, coarsely  
ground  
4 water chestnuts, chopped  
1/4 cup crushed pineapple,  
undrained  
2 tablespoons green onion,  
chopped  
1 tablespoon soy sauce  
7 egg roll wrappers  
canola oil (for frying)  
sweet-and-sour sauce*

In a saucepan, saute' the spinach and ginger in olive oil for 1 to 2 minutes. In a large bowl, combine the ham, water chestnuts, pineapple, onion and soy sauce. Stir in the spinach mixture.

Place three tablespoons of the ham mixture in the center of each egg roll wrapper. Fold the bottom corner over the filling. Fold the sides over the filling toward the center. Moisten the remaining corner with water. Roll up tightly to seal.

In an electric skillet, heat one inch of canola oil to 375 degrees. Fry the egg rolls until golden brown, about 2 minutes on each side. Drain on paper towels.

Serve with sweet and sour sauce.

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Per Serving (excluding unknown items): 706 Calories; 3g Fat (4.5% calories from fat); 23g Protein; 143g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 2313mg Sodium. Exchanges: 8 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 1 Fat.