

Egg Roll In A Bowl

With this recipe, we made egg rolls even more bariatric friendly by removing the greasy fried aspect of it and plopping it into a bowl. Kind of like ordering a burrito without the tortilla, this is an egg roll without the wonton paper! That makes it low fat, low carb, high-protein, and full of nutrition and flavor!

Ingredients:

- 1 lb. ground turkey
- 1 tsp. minced garlic
- 14 oz. coleslaw mix
- ¼ c low-sodium soy sauce
- 1 tsp. ground ginger

Directions:

- In a medium pan, brown the ground turkey until all the pink is gone
- Add the garlic and sauté for another 30 seconds or until fragrant
- Add the coleslaw, soy sauce, and ginger into the pan. Sauté until your cabbage is at the desired tenderness. Add a little water if it isn't as soft as you'd like
- Make a well in the center of the pan and drop your egg in the middle
- Once scrambled and cooked well, mix the ingredients together
- Drizzle sesame oil on top and garnish with scallions
- Enjoy!

"The best project you will ever work on is you."

WLS Afterlife