

Egg Roll Bowl

Serving Size: 1 Cup | Servings per Recipe: 4 | Heart Healthy



INGREDIENTS

- 1 tablespoon cooking oil
- 1 small onion, chopped
- 1 pound ground turkey or chicken
- ½ medium head of cabbage, chopped or shredded
- 2 carrots, chopped or shredded
- 2 tablespoons low-sodium soy sauce
- ¼ teaspoon garlic powder or ground ginger (optional for extra flavor)

DIRECTIONS

- Heat oil in a large skillet over medium heat.
- Add the onion and cook until soft, about 5 minutes.
- Add the ground turkey or chicken and cook until browned, about 10 minutes.
- Add the cabbage, carrots, soy sauce, and seasonings (if using). Stir well.
- Cover and cook for about 10 minutes, until vegetables are tender.
- Remove the cover and cook 5 minutes more to let extra liquid evaporate. Serve warm.



Calories per serving: 220 | 11 g total fat | 8 g total carbohydrates | 320 mg sodium | 22 g protein