EGG ROLLS

INGREDIENTS:

½ TEASPOON	CANOLA OR OLIVE OIL
2 CUPS	THINLY SLICED CABBAGE
½ CUP	SLICED MUSHROOMS
1 CUP	DICED RED & YELLOW BELL PEPPERS
¼ CUP	SLICED GREEN ONIONS
1 TABLESPOON	CHINESE FIVE SPICE POWDER
2 TABLESPOONS	MIRIN
1 TABLESPOON	SOY SAUCE, LOW SODIUM
1 TEASPOON	SESAME OIL
4 EACH	SPRING ROLL WRAPPERS

METHOD:

- Preheat oven to 375˚F. Prepare a sheet pan with a rack.
- Heat a large sauté pan over medium high heat. When hot add the olive (or canola) oil and swirl to coat bottom of the pan.
- Add cabbage, mushroom, peppers and green onions and sauté until softened, stirring occasionally. When soft add 5 Spice, mirin, soy sauce and sesame oil and stir well to uniformly mix.
- Cook until the liquid has evaporated and the vegetables are dry. Allow the cooked vegetables to cool to room temperature.
- Lay an egg roll wrapper with a corner facing you. Place ¼ cup of the mixture at one corner of wrapper.
- Fold the corner where you placed ingredients over, holding ingredients in wrapper.
- Then bring both in sides over the folded corner, and then continue to roll.
- Seal end of wrapper with a little wipe of water.
- Bake until crispy and brown, about 15-20 minutes.

NOTE: Cook vegetables until the liquid has evaporated and allow them to cool completely. A vegetable mix that is warm and moist will cause the egg roll wrappers to tear.

Serves: 4
Serving Size: 1 roll
Calories: 120
Fat: 2.5 gm **Sodium:** 300 mg **Carbohydrates:** 22 gm **Protein:** 4 gm **Fiber:** 2 gm