



Shrimpylicious Egg Rolls



1/6th of recipe (1 egg roll): 99 calories, 0.5g total fat (0g sat. fat), 380mg sodium, 16.5g carbs, 1.5g fiber, 2g sugars, 7g protein

Prep: 30 minutes **Cook:** 35 minutes

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Ingredients

4 cups bagged coleslaw mix
4 oz. cooked and chopped ready-to-eat shrimp
1/2 cup canned sliced water chestnuts, drained and cut into strips
1/4 cup chopped bean sprouts
1/4 cup chopped scallions
1 stalk celery, thinly sliced widthwise
2 tbsp. reduced-sodium/lite soy sauce
1 tsp. crushed garlic
1/4 tsp. ground ginger
1/8 tsp. salt
Dash black pepper
6 large square egg roll wrappers
Optional dip: sweet & sour sauce

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Place coleslaw mix in a large microwave-safe bowl with 2 tbsp. water. Cover and microwave for 3 minutes, or until softened.

Drain any excess water. Add all other ingredients except wrappers and mix well. For added flavor intensity, cover and marinate in the fridge for 20 minutes (optional).

Lay an egg roll wrapper flat on a dry surface. Evenly distribute about 1/2 cup slaw mixture (1/6th of mixture) in a row a little below the center of the wrapper.

Moisten all four edges by dabbing your fingers in water and going over the edges smoothly. Fold the sides about 3/4 inch toward the middle, to keep mixture from falling out. Roll up the wrapper around the mixture and continue to the top. Seal with a dab of water.

Place on the baking sheet, and repeat with remaining mixture and wrappers.

Spray egg rolls with nonstick spray. Bake until golden brown, 25 to 30 minutes. Enjoy!

MAKES 6 SERVINGS

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