

Easy Phyllo Egg Rolls

Snack of the Month April - 2015



Crispy snack. Use Phyllo dough to create a fat-free version of egg rolls that are crispy and flaky plus full of flavor.

Prep Time: 30 Min

Start to Finish: 50 Min

Makes: 18 egg rolls

INGREDIENTS

1 lb. ground turkey breast
4 cups coleslaw mix (from 1-lb bag) (in the produce area of the grocery store)
3 tablespoons soy sauce
1 teaspoon grated ginger root
1/2 teaspoon five-spice powder (or a 1/4 teaspoon each of cinnamon and nutmeg)
1 small onion, chopped (1/4 cup)
2 cloves garlic, finely chopped
18 frozen (thawed) Phyllo sheets (18x14 inches) (found in the produce area or freezer section at the grocery store)
Cooking spray

DIRECTIONS

1. Heat oven to 350°F. In 10-inch skillet, cook turkey over medium-high heat, stirring occasionally, until no longer pink; drain. Stir in remaining ingredients except Phyllo and cooking spray. Cook 2 to 3 minutes, stirring occasionally, until coleslaw mix is wilted.
2. Cover Phyllo sheets with plastic wrap, then with damp towel to keep them from drying out. Place 1 Phyllo sheet on cutting board; spray with cooking spray. Repeat with 2 more Phyllo sheets to make stack of 3 sheets. Cut stack of Phyllo crosswise into thirds to make 3 rectangles, about 14x6 inches.
3. Place 1/4 cup turkey mixture on short end of each rectangle; roll up, folding in edges of Phyllo. Place roll, seam side down, on ungreased cookie sheet. Repeat with remaining Phyllo and turkey mixture. Spray rolls with cooking spray. Bake 15 to 20 minutes or until light golden brown. Serve warm.

Recipe Provides: Grains 1oz-equivalents, Meat & Beans 1oz-equivalents

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Egg Roll	Total Fat:	1 1/2 g	Saturated Fat:	0 g
Calories:	100	Calories from Fat:	15	Carbohydrates:	15 g
Cholesterol:	15 mg	Dietary Fiber:	1 g	Sodium:	240 mg
Sugars:	0 g	Protein:	7 g		



Recipe adapted from www.eatbetterearly.com