

UNROLLED EGG ROLL BITES

SERVES: 12 | SERVING SIZE: 2 each | PREP: 15 minutes | READY: 40 minutes

INGREDIENTS

- 2 tablespoons canola oil
- 4 cups classic coleslaw vegetable mix (shredded green cabbage and carrots)
- 1 1/2 cups diced celery
- 1 1/2 cups diced onion
- 3 cloves garlic, minced
- 4 tablespoons gyoza sauce, divided
- 1 tablespoon rice vinegar
- 2 teaspoons sugar
- 2 teaspoons grated gingerroot
- 1/2 teaspoon black pepper
- Vegetable oil cooking spray
- 24 wonton wrappers (3 1/2-inch square wrap)
- 3 tablespoons apricot or peach jam
- 1/4 cup sliced green onions



DIRECTIONS

In a large skillet, heat oil over medium heat and add coleslaw mix (shredded green cabbage and carrots), celery, onion, and garlic. Sauté until the moisture released from the vegetables evaporates; about 5 to 8 minutes.

In a small bowl, whisk together 2 tablespoons gyoza sauce, rice vinegar, sugar, gingerroot, and black pepper. Add sauce to skillet with vegetables and stir to combine. Continue to sauté until liquid has evaporated; about 5 minutes. Remove skillet from heat.

Coat mini-muffin tins with cooking spray and line each one with a wonton wrapper. Place 1 tablespoon of cabbage filling into each wonton wrapper. Coat tops of filled wontons with cooking spray. Bake in a preheated 350-degree oven until wonton edges turn golden brown; about 10 minutes.

While wontons are baking, place remaining 2 tablespoons gyoza sauce and apricot jam in a small saucepan. Over low heat, stir until combined. Remove from heat and set aside.

When ready to serve, place egg roll bites on a serving platter, top each bite with a 1/2 teaspoon of gyoza-apricot sauce and sprinkle with sliced green onions.

Cook's Note: For convenience, you can use bagged coleslaw mix. If it's not available at your store, use 3 cups shredded green cabbage and 1 cup shredded carrot as a replacement.

NUTRITION INFORMATION PER SERVING

91 calories, 2 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 148 mg sodium, 16 g total carbohydrates, 1 g dietary fiber, 5 g total sugars, 2 g added sugars, 2 g protein, 0 mcg (0%) vitamin D, 21 mg (2%) calcium, 1 mg (6%) iron, 91 mg (2%) potassium

