

HEALTHIER-THAN-EGG ROLLS

Preparation: **10** minutes | Cooking: **15** minutes | Servings: **4**

INGREDIENTS

- 1 package (14 ounces) coleslaw mix*
- 1 pound lean ground chicken*
- 2 garlic cloves, minced*
- 1 medium onion, chopped*
- 3 cups hot cooked brown rice*
- 1 1/2 cups fresh mushrooms, sliced*
- 1/2 cup sweet-and-sour sauce*
- 2 tablespoons reduced sodium soy sauce*
- 1 tablespoon sesame oil*
- 1 teaspoon fresh ginger root, minced*
- Wonton strips (optional)*



INSTRUCTIONS

In a large cast-iron or other heavy skillet, cook and crumble chicken with mushrooms, onion, garlic and ginger over medium-high heat until no longer pink, 6-8 minutes; drain. Stir in soy sauce. Add coleslaw mix; cook and stir until wilted, 3-4 minutes. Stir in sesame oil. Serve with rice and sweet-and-sour sauce. If desired, top with wonton strips.