



Eggroll Bowls

(ADAPTED FROM LENA ABRAHAM, DELISH)



Yield: Makes 4 servings

Ingredients

- 1 tbsp vegetable or olive oil
- 1 garlic clove, minced
- 1 tbsp fresh ginger, minced
- 1 lb ground pork
- 1 tbsp sesame oil
- ½ onion, chopped
- 1 cup shredded carrots
- ¼ green cabbage, thinly sliced
- ¼ cup low-sodium soy sauce
- 1 green onion, thinly sliced

Optional

- 1 tbsp sesame seeds
- 1 tbsp sriracha

Instructions

In a large skillet over medium heat, heat vegetable or olive oil. Add garlic and ginger, and cook for 1-2 minutes. Add pork and cook until there is no pink meat.

Push pork to 1 side of skillet. Add 1 tablespoon of sesame oil to same skillet. Add onion, carrot and cabbage. Stir together to combine the meat and vegetables.

Add sriracha and soy sauce. Cook until cabbage is tender, ~5-8 minutes.

Transfer mixture to a serving dish and garnish with green onions and sesame seeds.

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Description

This dish is a quick, tasty and nutritious way to satisfy your eggroll craving! The fresh ginger and garlic add extra flavor and a slight spicy punch. The sliced cabbage and carrots provide fiber, antioxidants, and a delightful crunch to this easy weeknight dish.



Farmers Market Finds

- Green Cabbage
- Carrots
- Garlic
- Green Onion



Grocery Store Grabs

- Vegetable or Olive Oil
- Sesame Oil
- Fresh Ginger
- Ground Pork -1 lb
- Low-Sodium Soy Sauce
- Sesame Seeds (optional)
- Sriracha (optional)

Biblio Bistro

Biblio Bistro is a fun, quick and dynamic video series featuring local, nutritious and seasonal produce. It's made in partnership with Portage Lake District Library. See how to cook this recipe at pdl.org/biblio-bistro.

Substitutes

Could replace ground pork with ground chicken or turkey.

Could replace low-sodium soy sauce with low-sodium tamari (gluten-free soy sauce) or liquid aminos (also gluten-free).

Could use purple cabbage in place of green cabbage.

Could replace pork with edamame, tofu, or seitan for a vegetarian/vegan protein option.

Pairs with

This veggie and protein-packed dish would pair well with steamed rice or lo-mein noodles. If craving pasta, but avoiding gluten, a great gluten-free option would be soba noodles, which are made with buckwheat.

Sautéed snap peas or a salad with an Asian-flavored vinaigrette would also be great additions to this light summer meal.