



## Baked Egg Rolls

This kid-friendly snack is fun to eat and make. Dough is wrapped around a mixture of lightly seasoned ground turkey, green cabbage, and carrots.

**Makes:** 6 servings      **Prep time:** 20 minutes  
**Cook time:** 50 minutes

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### INGREDIENTS

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Nonstick cooking spray

**13 ounces** turkey, ground, 93% lean, fresh or frozen, raw

**½ teaspoon** salt, table

**½ teaspoon** black pepper, ground

**½ teaspoon** garlic powder

**2½ cups** green cabbage, shredded

**¾ cup** carrots, peeled, shredded

**1** egg, fresh, large

**1 teaspoon** water

**6** wonton wrappers (1 oz each)

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### DIRECTIONS

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1. Preheat oven to 425 °F.
2. Coat a medium skillet with nonstick cooking spray. Add ground turkey, salt, pepper, and garlic powder. Brown turkey on medium-high heat for about 8–10 minutes. Stir frequently. Heat to 165 °F or higher for at least 15 seconds.
3. Stir in cabbage and carrots. Lightly sauté for 2 minutes, remove from heat, and cover. Let cool for 20 minutes.
4. Make egg wash by whisking together egg and water.
5. Assemble egg rolls: Place ½ cup turkey-vegetable mixture on the center of each wrapper.
6. Carefully roll each filled wrapper.
7. Place egg rolls, seam side down, on a baking sheet lined with parchment paper and lightly coated with nonstick cooking spray.
8. Brush egg wash over the top and on all the sides of each egg roll.
9. Bake for 20 minutes. Heat to 140 °F for at least 15 seconds.
10. Serve 1 egg roll.

Critical Control Point: Hold at 140 °F or higher.

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## NUTRITION INFORMATION

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For 1 Baked Egg Roll.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>191</b>
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<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	1 g
Cholesterol	62 mg
<b>Sodium</b>	<b>400 mg</b>
<b>Total Carbohydrate</b>	<b>19 g</b>
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>15 g</b>
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Vitamin D	N/A
Calcium	47 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP  
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

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## CACFP CREDITING INFORMATION

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1 egg roll provides 1 ½ oz equivalent meat, ¼ cup vegetable, and 1 oz equivalent grains.

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## CHEF TIPS

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### Variations

If ground turkey is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Store raw ground turkey at 40 °F or lower.