

# TURKEY EGG ROLL BOWL

This is one of my favorite super quick dinner recipes! Cabbage keeps FOREVER in the fridge, and I like to keep some ground turkey on hand to make meal planning simple. Using pantry staples like soy sauce and sesame oil means I can quickly throw together this tasty dish. Carrots and onion are traditional for egg rolls, but green onions, shredded Brussel sprouts, or bell peppers would work well also. - Terese with East Side Table



## Ingredients

- 2 lbs ground turkey
- 2 large carrots
- 1/2 head cabbage
- 1/4 cup soy sauce
- 2 teaspoons sesame oil
- 2 cups cooked brown rice

From your pantry

- 1 large onion
- Olive oil
- Salt and pepper
- 3 garlic cloves or 1 teaspoon granulated garlic
- 1/2 cup water or broth

### Equipment:

- Large saute pan with lid

**PREPARATION: 10 MIN**

**COOKING: 20 MIN**

**READY IN: 30 MIN**

**MAKES 6 SERVINGS**

## Directions

*Read through entire recipe before getting started.  
Wash and dry all produce.*

1. Peel and dice **onion**. Shred **carrot** using a box grater or julienne using a sharp knife. Thinly slice **cabbage** (as you would coleslaw). Mince **garlic**.
2. In a large saute pan over medium heat, drizzle 1 Tablespoon oil and add **ground turkey**. Cook 5-6 minutes, or until turkey is almost cooked through.
3. Push turkey to the side of the pan and add **onion** and another drizzle of oil. Saute for 3-4 minutes, then add **carrots and garlic** and saute for 2 minutes. Stir vegetables and turkey together.
4. Pour 1/2 cup water or broth into pan to deglaze it. Add **cabbage, soy sauce**, and a pinch of pepper. Stir well and cover with a lid. Reduce heat to medium-low and cook 12-15 minutes or until cabbage is to your desired tenderness. Taste and season with pepper and soy sauce or salt.
5. Just before serving add **sesame oil**. Serve as is or over rice. Enjoy!

# Tips, Tricks, and Terms

## THE SKINNY ON CABBAGE...

Even though cabbage is very low in calories, it has an impressive amount of nutrients and health benefits! It's also a very affordable vegetable, making it a great pick for budget friendly dinner recipes. One serving of cabbage (about 1 cup) has a ton of Vitamin C, Vitamin K, a good amount of folate and fiber, and antioxidants.



There's many varieties of cabbage - everything from the common green cabbage, to bok choy, soft napa cabbage, and brightly colored purple varieties. All varieties have similar nutritional benefits so play around to find your favorites for dishes like slaws, soups, or this Egg Roll in a Bowl!

## A little about...

**SESAME OIL:** this oil is packed with anti-oxidants and an earthy, nutty, and nearly sweet flavor. It comes in two varieties – light which is extracted from ripened sesame seeds and dark which is extracted from roasted sesame seeds.

**SOY SAUCE:** made from fermented soybeans and salt brine, this tasty condiment originated in China over 2000 years ago. There are hundreds of varieties of soy sauce that offer a great way to add complexity and saltiness to your dish.



Open Hands Farm is a certified organic vegetable farm in Northfield, MN, committed to sharing the freshest, most nutritious produce possible. Erin and Ben are the farmers, and alongside their wonderful employees, they aim to grow food in the most ecologically and economically sustainable ways possible.

Open Hands produce is distributed in a CSA program and also to larger institutions like Minneapolis Public Schools and neighboring colleges and food hubs.

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