

Eggroll in a Bowl

Ingredients:

- 1 medium onion
- 1 medium carrot
- 1 clove garlic
- 1 head of cabbage
- 1 tbsp canola oil
- Salt and pepper, to taste

Tools:

- Knife
- Box grater
- Vegetable peeler
- Cutting board
- Large frying or sauté pan
- Spatula
- Measuring spoons

Directions:

1. Rinse produce under cool, running water.
2. Remove any damaged cabbage leaves and slice into strips.
3. Dice onion.
4. Peel and grate carrot.
5. Mince garlic.
6. Heat oil in a large pan. Add diced onions and cook until soft, about 4 minutes.
7. Add grated carrot and sauté for three minutes
8. Add garlic and sauté for three more minutes.
9. Add cabbage and sauté for about ten minutes.

Optional: consider adding a protein like peanut sauce, chicken, or pork.

Recipe by Michigan State University Extension

Provided by Northwest Food Coalition's Farm2Neighbor program

Watch the video: <https://northwestmifoodcoalition.org/videos/eggroll-in-a-bowl/>