



Egg Roll In a Bowl

Ingredients:

- 1 egg
- 2 cloves of garlic
- 1 (1 inch) piece of ginger root
- ½ small bunch of green onions
- ¾ lb of ground turkey
- ¼ medium head of napa cabbage
- Coconut aminos
- Crushed red pepper
- Sesame Oil

Directions:

1. Preheat skillet over medium-high heat. Once hot add 1 tsp of sesame oil
2. Add ground turkey to the skillet, cook until done
3. Mince garlic, Peel and mince (or grate) ginger. Add both to skillet and sauté for about 30 seconds.
4. Cut off root end of cabbage. Halve cabbage lengthwise then thinly slice into shreds and add to skillet
5. Season with 2 TBS of coconut aminos and 1 tsp of crushed red pepper. Cook until cabbage has soften.
6. Meanwhile cut green onions into small pieces, set aside.
7. When cabbage is cooked, drain excess liquid if there is any. Make a well in the center and crack your egg into it. Scramble and stir to combine
8. Serve and Enjoy!

Servings: makes 2 servings.

Each serving = 6½ oz. lean protein, 1½ cups select vegetables.

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