

# Deconstructed Egg Roll

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*This recipe was used as a cafeteria sample, October 2017.*

**Serves 4-6**

## **Ingredients**

6 cups shredded cabbage (1 small head)  
1 cup shredded or diced carrot  
1 cup sliced onion  
1 tbsp oil  
2 tbsp soy sauce (choose tamari to make it *gluten-free*)  
1 tbsp rice wine vinegar  
1 tsp sesame oil  
¼ tsp ground ginger  
¼ tsp minced garlic



## **Optional toppings**

**Sesame seeds**

**Sliced green onion**

## *Directions*

1. Combine soy sauce, rice wine vinegar, garlic and ginger in a bowl and place to the side.
2. Sauté sliced onion in 1 tbsp cooking oil until soft and slightly brown (5-10 minutes).
3. Add cabbage and cook for 10 minutes or until soft.
4. Add carrot and stir to combine for 5 minutes.
5. Pour sauce over cooked vegetables and let simmer for one minute before serving.

*Optional:* top with sesame seeds and green onion.

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