



Recipe Details

Recipe Name - Egg Rolls

Recipe Steps -

Ingredients

- 1 head of Napa cabbage, chopped
- 1 carrot, shredded, diced, or julienned
- 1 cup green onions, chopped
- ¼ cup tamari
- 1/8 cup rice vinegar
- 2 to 3 tsp garlic, crushed
- 2 tsp ginger, crushed
- Black pepper to taste
- Egg roll wrappers of your choice, we use low sodium

Instructions

1. Sauté Napa cabbage, carrot, and onion in a large skillet until wilted (about 5 to 7 minutes)
2. Once wilted, mix in tamari, vinegar, garlic, ginger, and pepper. Cook for 2 to 3 more minutes, until well blended, then shut off the heat
3. Place one egg roll wrapper on a clean surface and add in 1/2 cup of the veggie mixture using a slotted spoon to ensure they are not overly wet
4. Fold in the right and left sides and then the back and front sides
5. Place in your air fryer basket or a parchment-lined cookie sheet. Air fry or bake at 400 degrees for 10 minutes. Serve warm with your favorite dipping sauce
6. Enjoy

