

## **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 in1/2 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



