

Mushroom Egg Roll in a Bowl

This vegan dish offers a quick, healthy twist on a classic egg roll. The fragrant aromatics (onions, garlic, and ginger) add a familiar flavor to this classic food. Bag coleslaw or broccoli slaw mix makes prep time super easy. Feel free to add peppers, chilis, or hot sauce to up the heat. Serve with a side of brown rice to create a well-rounded meal.

Serves 4

Serving size: 1/4 recipe

Prep time: 10 minutes

Cook time: 15 minutes

Total time: 25 minutes

Ingredients

- 1/2 Tablespoon olive oil
- 1 pound mushrooms, chopped
- 1/2 onion, diced
- 1½ teaspoons fresh ginger, minced or grated
- 2 cloves garlic, minced
- 2 carrots, peeled and shredded (about 1 cup)
- 1, 14-ounce bag coleslaw or broccoli slaw mix
- 3 Tablespoons low-sodium soy sauce
- 1 Tablespoons rice vinegar
- 1 teaspoon toasted sesame oil (optional)
- 2 green onions, sliced



Directions

1. Wipe mushrooms off with a damp paper towel until clean. Dice and set aside.
2. Heat olive oil in a large pan over medium-high heat until hot.
3. Evenly cover the bottom of the pan with diced mushrooms. Do not stir. Allow 90% of the water to evaporate before stirring. Saute until browned and all the water has evaporated.
 - a. This step may be done in stages to allow mushrooms to stir fry vs steam.
4. Transfer to a bowl and set aside.
5. Add onion and cook until softened slightly, about 2 minutes
6. Add ginger and garlic, stirring until fragrant, about 1 minute
7. Stir in carrot and coleslaw mix, cooking until slightly softened, about 2 minutes.
8. Add mushrooms back in.
9. Add soy sauce, rice vinegar, and sesame oil, if using. Stir until everything is thoroughly coated in the sauce.
10. Cook until cabbage and carrots are starting to soften.
11. Top with green onions and serve.

Nutrition Facts

4 Servings Per Container
Serving Size 1/4 recipe
 (332g)

Amount Per Serving
Calories **140**

% Daily Value *

Total Fat 3g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	15%
Total Carbohydrates 21g	8%
Dietary Fiber 6g	22%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0.1mcg	0%
Calcium 100mg	8%
Iron 2.8mg	15%
Potassium 1410mg	30%
Phosphorus 180mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.