



# **Baked Spring Rolls with Plum Sauce**

Recipe Courtesy Chef Bryan Woolley

- 10 spring roll wrappers
- 3 cups Anaheim cabbage, shredded
- 2 large carrots, peeled, julienned
- 1 green bell pepper, julienned
- ½ pound ground turkey
- 1 tbsp freshly minced ginger
- 2 cloves garlic, minced
- 1 tbsp sesame seed oil
- Salt and pepper to taste
- Extra virgin olive oil (about 1 tbsp)

1. Coat a heavy bottom sauté pan lightly with olive oil. Add the ginger and garlic; sauté until fragrant.
2. Add the ground turkey and cook completely.
3. Remove mixture from pan and let drain on paper towels.
4. Add the sesame seed oil, cabbage, carrots, and green bell pepper. Sauté until for about 2 minutes. I like to add a little water to help de-glaze the pan.
5. Mix the cooked turkey with the cabbage mixture and set aside until ready to use.
6. Brush the spring roll wrapper with water and add about 2 tbsp of meat mixture on the diagonal of the spring roll wrapper.
7. Fold over the corners and roll wrapper up. Place on a parchment-lined baking sheet. Lightly spray with olive oil and place in a 350 degree oven for about 30 minutes or until golden. Serve with plum sauce. (Recipe Follows)

## **Plum Sauce**

- 1 ½ cups plum jam
- 2 tbsp rice vinegar
- 2 tbsp brown sugar
- 2 tbsp minced onion
- 1 garlic clove, minced
- ½ tsp crushed red pepper flakes



1. Add all ingredients into a heavy sauce pan. Bring to a boil while stirring. Remove from heat and serve as desired.

## **Nutrition Facts**

Serving Size – 1 roll with 2 Tbsp Plum Sauce	
Calories	200
Total Fat	5g
Saturated Fat	1g
Cholesterol	20mg
Sodium	45mg
Carbohydrate	34g
Dietary Fiber	1g
Sugars	24g
Protein	6g

## **Diabetic Exchanges**

Protein	1
Carbohydrates	2
Fat	1