



Egg Roll in a Bowl

SERVING: 1.5 CUPS
YIELD: 4

PREP TIME: 5 MINS
TOTAL TIME: 20 MINS

Ingredients

- Cooking Oil Spray
- 1 lb. Lean Ground Beef
- 1/2 tsp Black Pepper
- 1 tbsp Sesame Seed Oil
- 1 tbsp Rice Vinegar
- 1 tbsp Minced Garlic (3 cloves)
- 1 tsp Ground Ginger, *seasoning*
- 3 tbsp Low Sodium Soy Sauce
- 1 pkg (16 ounce) Tri-color Coleslaw Mix
- 1 tbsp Hoisin Sauce
- 1 cup Green Onion, chopped

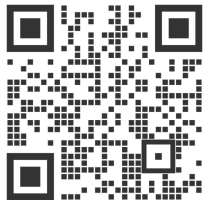
Directions

1. Heat cooking oil spray in large skillet over medium-high heat. Add ground meat and pepper. Cook, stirring, until no longer pink.
2. Add garlic, sesame oil and rice vinegar to the skillet. Cook, stirring, for 1-2 more minutes.
3. Add ginger, soy sauce, hoisin sauce, and coleslaw mix to the skillet. Cook, stirring, for about 4-6 more minutes, or until cabbage is wilted.
4. Remove skillet from the heat.
5. Stir in Green Onions. Enjoy!

Nutrition Facts	
4 servings per container	
Serving size	1-1/2 cup (0.0g)
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat	12g15%
Saturated Fat	4g20%
Trans Fat	0g
Cholesterol	70mg23%
Sodium	560mg24%
Total Carbohydrate	12g4%
Dietary Fiber	3g11%
Total Sugars	7g
Includes <1g Added Sugars	1%
Protein	25g
Vitamin D	0mcg0%
Calcium	660mg50%
Iron	2.9mg15%
Potassium	12940mg280%
* 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.	

*Recipe adapted from
diabetesfoodhub.org

*Cost information includes
lower cost ingredients found at
local grocery store 04/03/23.



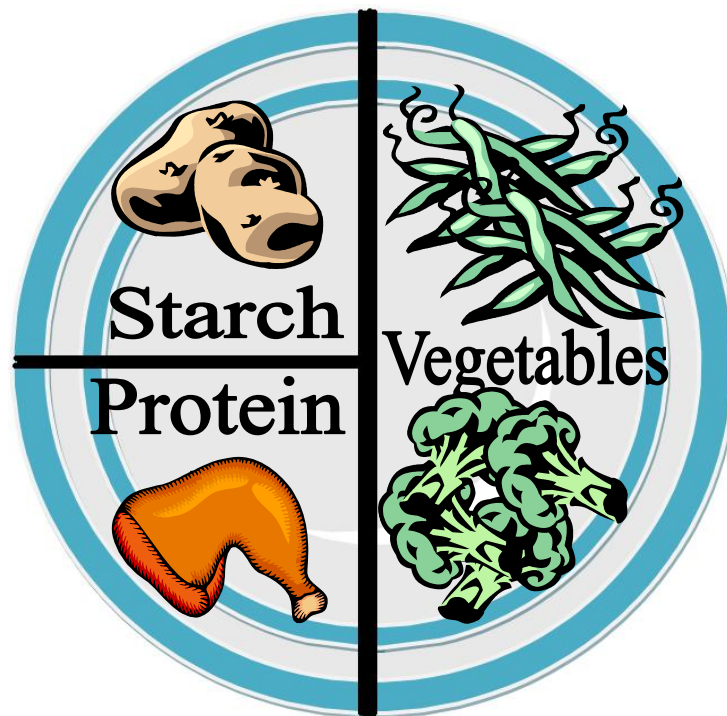
Cost Per Recipe	Cost Per Serving
\$8.95	\$2.24

Diet and lifestyle tips for diabetes:

- Eat smaller portions of carbohydrate foods.
- Eat at least 3 meals per day of similar size.
- Eat balanced meals and include foods from all the food groups every day.
- Choose foods that are high in fiber.
 - Examples: whole-grain bread and pasta, brown rice, oatmeal, bran cereal, fresh fruits and vegetables, beans, nuts, seeds
- Limit sweets.
- Eat less fat.
- Limit your alcohol intake.
- If you are overweight, losing 5-10% of your weight by healthy eating and exercise can help your insulin work better and lower your blood sugar.
 - Aim for at least 30 minutes of exercise a day, 5 days a week.



How to Portion Your Plate



Check List for Your Meal:

- | | |
|---|--|
| <input type="checkbox"/> 1 serving starch | <input type="checkbox"/> 1 serving nonfat or 1% milk |
| <input type="checkbox"/> 1 serving lean protein | <input type="checkbox"/> 1 serving fruit |
| <input type="checkbox"/> Nonstarchy vegetables | |