

## Eggroll in a bowl

Serves 4

8 oz rice noodles  
2 TBSP olive oil, divided  
1 onion, peeled and diced  
1 red bell pepper, sliced  
4 oz mushrooms, sliced  
2 carrots, shredded  
1 lb ground turkey  
3–4 cloves garlic, minced  
2–3 inches ginger, peeled and minced  
¼ cup chicken broth  
¼ cup soy sauce or tamari  
2 teaspoons apple cider vinegar  
1 head of cabbage, cored and thinly sliced  
Kosher salt  
Freshly ground black pepper  
1 TBSP sesame oil  
2 teaspoons sesame seeds

Cook rice noodles according to package directions. Set aside.

In a large skillet or wok, over medium-high heat, add 1 TBSP olive oil and cook onion, pepper, carrot and mushrooms until soft. Remove to a bowl. Set aside.

In large skillet or wok, heat 1 TBSP olive oil over medium-high heat. Cook turkey until almost done. Add garlic and ginger and continue to cook until turkey is cooked through. Mix into cooked vegetables and set aside.

In large skillet or wok, over medium heat, combine broth, soy sauce and vinegar. Add shredded cabbage and season with salt and pepper. Stir well and cover. Reduce heat to medium-low and cook until cabbage is to your desired doneness.

To serve divide rice noodles, cabbage, and turkey-vegetable mixture among 4 bowls. Drizzle with sesame oil and garnish with sesame seeds.

**Nutrition Information per Serving** Calories 748.3; Fat 32.9 g; Saturated Fat 7.1 g; Sodium 994 mg; Fiber 9.1 g; Sugars 12.4 g; Added Sugars 0 g; Protein 38.2 g