

JANUARY
**TEACHING
KITCHEN**

VIRTUAL WELLNESS SERIES

Teaching Kitchen Sessions

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Enjoy a hands-on demonstration of the healthy recipe below and discover more!



**April
Rozzo, MS, RD, CSO, LD/N**

EGG ROLL BOWLS

Ingredients/Shopping List

- 1 tablespoon vegetable oil
- 1 clove garlic, minced
- 1 tablespoon peeled and minced fresh ginger
- 1 pound ground turkey
- 1 tablespoon sesame oil
- ½ yellow or white onion, thinly sliced
- 1 bag shredded coleslaw mix (or 1 cup shredded carrot and ¼ green cabbage thinly sliced)
- ¼ cup soy sauce
- 1 tablespoon sriracha sauce
- 1 bunch green onions, thinly sliced

Instructions

1. In a large skillet over medium heat, heat vegetable oil. Add garlic and ginger and cook until fragrant, 1-2 minutes. Add turkey and cook until no pink remains.
2. Push turkey mixture to the side and add sesame oil. Add onion, and coleslaw mix. Stir to combine with the turkey mixture. Add soy sauce and sriracha. Cook until cabbage is tender, 5-8 minutes.
3. Transfer mixture to a serving dish and garnish with green onions.