

Trim Healthy  
W I S D O M

## Egg Roll Bowl (S)

This is the S version of the simplified *Egg Roll in a Bowl* recipe. This succulent bowl comes together in just 5 minutes or so and can be a crave-worthy dinner or lunch that you'll want to put on repeat. Heads up – you'll probably want to throw more cabbage in the pan than you think. It wilts into a smaller volume as it cooks. Enjoy as much of it as you desire to volumize your bowl then get enough seasonings in to match.

Single Serve Recipe

### INGREDIENTS:

- Several large handfuls of bagged coleslaw or angel hair cabbage
- 4 – 6 ounces pre-cooked ground meat or diced chicken OR 2 eggs plus ½ cup egg whites\*
- ¼ tsp ginger powder
- garlic powder (to taste)
- onion powder (to taste)
- Bragg Liquid Aminos or soy sauce (to taste)
- 2 tsp sesame oil
- 2 tsp sugar-free, natural peanut butter (or other nut or seed butter of preference)
- green onion (optional; diced)



### INSTRUCTIONS:

1. Lightly spray a medium-sized, healthy-style non-stick pan and set it to medium-high heat.

2. Place cabbage in pan. Allow to cook using a lid for faster results, but take the lid off and toss frequently. Once the cabbage is well into its wilting process which takes only 3 minutes or so, add meat of choice, ginger, garlic, onion powders, and Bragg Liquid Aminos or soy sauce. Replace the lid and cook for another couple of minutes or until the cabbage is cooked enough for your preference. (See note at the end if you use eggs and egg whites for protein.)
3. During the final minute of cooking, add sesame oil and toss well. Taste and add more seasonings if needed. Remove from heat. Transfer to a bowl. Top with peanut butter and only partially stir it into the bowl ingredients, allowing a little of it to stay on top if possible.
4. Top with the optional diced green onion.

#### Protein Nerd Notes:

Your Protein Nerd Level 3 protein requirements are perfectly supplied using 4 – 6 ounces of meat or 2 eggs plus the ½ cup whites.

#### Other Notes:

\*If you use eggs and egg whites for your protein portion, you can cook them first before you start cooking the cabbage, then remove them from the pan and set them aside to add at the end, or you can use another pan to cook them simultaneously. To fry eggs and egg whites, spray the pan lightly with olive oil or a small amount of butter. Crack in two eggs, then pour egg whites around them. Season with [TH Mineral Salt](#) and [TH Nutritional Yeast](#). Once slightly browned on the bottom, use a spatula to cut around the eggs, making two fried egg sizes. Flip both eggs and whites and cook until desired firmness for yolks.