

# Chicken Egg Roll Bowls

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These egg roll bowls are easy, ready in 15 minutes, full of flavor, have lots of texture, and are healthier than actual egg rolls. Chicken is cooked in sesame oil with an onion and a bag of coleslaw mix consisting of shredded cabbage and carrots before adding garlic, ginger, soy sauce, and finishing with green onions. The next time you're tempted to call for takeout on a busy weeknight, pull this recipe out of your back pocket and dinner will be on the table in no time.

## Ingredients

2 tablespoons sesame oil  
2 tablespoons olive oil  
1 pound ground chicken, or ground turkey, or ground pork  
1 small sweet yellow onion, vidalia or other  
4 cloves garlic, finely minced or pressed  
1 teaspoon ground ginger  
16 ounces cole slaw mix  
 $\frac{1}{2}$  cup low sodium soy sauce  
 $\frac{1}{2}$  teaspoon freshly ground black pepper, or to taste  
3 medium green onions, thinly slices for garnishing  
1 tablespoon sesame seeds, optional for garnishing  
hoisin sauce or extra soy sauce, optional for serving

## Method

1. To a large skillet add the oils, chicken, and cook over medium-high heat until done, about 4 to 5 minutes; crumble chicken and stir intermittently to ensure even cooking.
2. Add the onions and cook for about 5 minutes or until tender; stir intermittently.
3. Add the garlic, ginger, and cook for about 1 minute, or until fragrant.
4. Add the coleslaw mix (looks like a lot but wilts quickly),

evenly drizzle the soy sauce, add the pepper, stir to combine, and cook for about 5 minutes, or until cabbage is wilted and tender; stir intermittently.

5. Evenly sprinkle with green onions, optional sesame seeds, and optional extra sauces for serving. Serve immediately. Recipe is best warm and fresh but extra will keep airtight in the fridge for up to 5 days.

Prep

- Prep: 5 Minutes
- Cook: 10 Minutes
- Total Time: 15 Minutes

Source: Averie Cooks (4 servings)

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## Garlic Beef Noodle Bowls

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Garlic Beef Noodle Bowls – an Asian style noodle bowl with lots of garlic, that is ready in just minutes! Great for busy nights.

#### Ingredients

2 tablespoons olive oil  
1 lb. skirt steak, cut into thin strips  
4 cloves garlic, minced  
1 teaspoon fresh ginger, minced  
 $\frac{1}{4}$  cup soy sauce  
2 tablespoons brown sugar  
1 teaspoon sesame oil  
8 ounces noodles (udon, lo mein, linguine etc)  
2 tablespoons sliced green onions

2 teaspoons sesame seeds

#### Method

1. Cook noodles according to package directions.
2. In a small bowl mix together brown sugar, soy sauce, and sesame oil. Stir until well combined. Set aside.
3. Heat oil over high heat in a large skillet. Once hot, add beef strips. Cook for 2-3 minutes, until beef is browned.
4. Add garlic and ginger to the pan, cook for 1 minute until fragrant.
5. Add soy sauce mixture to the pan. Bring to a simmer, and cook for 3-5 minutes until sauce slightly thickens.
6. Add cooked noodles to the pan, stir to coat.
7. Sprinkle green onions and sesame seeds over the pan to serve.

#### Notes

Approximately 10 ounces per serving

Source: Dinner, Dishes, and Desserts (Servings: 4 | Yield: 10 ounces per serving approximately)

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## Bacon and Egg Lo Mein



### Bacon and Egg Lo Mein

Ingredients

6-7 slices of bacon, chopped\*  
1 medium sweet onion, chopped  
2-3 carrots, sliced diagonally  
4 garlic cloves, minced  
3 scallions, finely chopped  
1 teaspoon extra light olive oil or bacon grease  
2 eggs  
8 ounces lo mein egg noodles\*  
2 tablespoons soy sauce  
 $\frac{1}{2}$  tablespoon mirin  
1 tablespoon water

### Method

1. Line a plate with some paper towels and set aside (keep it near the stove).
2. Add soy sauce, mirin, and water to a small bowl and mix to combine. Set aside.
3. Pre-heat wok over medium-high heat.
4. Add bacon and cook until crisp and the fat has rendered; about ten minutes. Be sure to stir throughout to ensure even cooking.
5. Using a slotted spoon, move the cooked bacon to the towel-lined plate and set aside.
6. Remove all, but two tablespoons of bacon grease from the wok (I recommend straining the extra grease and storing it in the fridge to use as a cooking fat!)
7. Add onions and carrots and cook until the carrots have softened; about ten minutes.
8. Add garlic and saute until fragrant; about one minute.
9. Push the veggies to one side of the wok. Add one teaspoon light olive oil or more bacon grease to the empty side and add eggs. Let cook, untouched, for about ten seconds, then scramble with a wooden spoon until they have mostly cooked; about one minute.
10. Mix eggs with the veggies until well incorporated.
11. Add the egg noodles, cooked bacon, sauce mixture, and most of the scallions (leave some for garnish when serving).

12. Toss to combine.

13. Now, you eat!

#### Notes

For easy chopping, place the bacon in the freezer for about 15 minutes. That will allow it to firm up a bit, which means way less slippery chopping for you! Safety and frustration-free!

I purchase my lo mein egg noodles already cooked, but if you can't find them, cook according to package directions, drain, and set aside until ready to add to the wok.

9 WW SmartPoints per serving

#### Prep

- Prep: 15 Minutes
- Cook: 25 Minutes
- Total Time: 40 Minutes

Source: OMGfood (4 servings)

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## Spicy Orange-Ginger Chicken



### Spicy Orange-Ginger Chicken

Ingredients

1  $\frac{1}{4}$  cups orange juice (preferably fresh)  
 $\frac{1}{4}$  cup low-sodium soy sauce  
3 tablespoons grated fresh ginger  
2 tablespoons minced fresh garlic  
2 tablespoons olive oil, divided  
2 tablespoons sriracha (or more to taste)  
1  $\frac{1}{2}$  tablespoons rice vinegar  
2 teaspoons light brown sugar  
2 teaspoons orange zest  
 $\frac{1}{4}$  teaspoon ground white pepper  
1  $\frac{1}{4}$  lbs. boneless, skinless chicken breasts, cut into thin strips  
1 tablespoon cornstarch  
Brown rice, white rice or quinoa for serving  
 $\frac{1}{4}$  cup sliced green onions

#### Method

1. In small bowl, whisk together orange juice, soy sauce, ginger, garlic, 1 tablespoon oil, sriracha, vinegar, brown sugar, orange zest, and pepper. Place chicken in a large ziploc bag; pour  $\frac{1}{3}$  cup marinade over chicken. Seal bag and marinate in refrigerator 1 hour.
2. Remove chicken from marinade; discard marinade. Heat large skillet or wok over high heat. Add remaining oil. In 2 batches, add chicken and cook each batch 5 to 6 minutes or until chicken is golden brown and has lost its pink color throughout, stirring frequently.
3. Remove chicken from pan. Reduce heat to medium-high; add remaining marinade to skillet; heat to boiling. In small bowl, whisk together cornstarch and 1 tablespoon water; whisk into marinade, and boil 1 minute. Return chicken to skillet; cook 1 minute or until heated through. Serve over rice or quinoa, sprinkled with green onions.

#### Notes

Melissa's note – we found this really hot – cut sriracha down to 1 tbsp next time!

Source: food52.com (4 servings)

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# Mexican Chorizo and Sweet Potato Soup



## **Mexican Chorizo and Sweet Potato Soup**

### Ingredients

6 corn tortillas, cut into strips

2 tablespoons vegetable oil

Kosher salt

$\frac{3}{4}$  lbs. fresh chorizo or other spicy sausage, casings removed

$\frac{1}{2}$  teaspoon ground cumin

1 large sweet potato, peeled and cut into 1/2-inch pieces

4 cups low-sodium chicken broth

1 14 -ounce can diced tomatoes

4 cups baby spinach

Juice of 1 lime

$\frac{3}{4}$  cup roughly chopped fresh cilantro

1 avocado, halved, pitted and chopped

### Method

1. Preheat the oven to 375 degrees F. Toss the tortilla strips

with 1 tablespoon vegetable oil on a baking sheet, spread in a single layer and bake until crisp and golden, 12 to 15 minutes. Season with salt and set aside.

2. Meanwhile, heat the remaining 1 tablespoon vegetable oil in a large pot over medium-high heat. Add the chorizo and cumin and cook, breaking up the meat with a wooden spoon, until browned, about 4 minutes. Add the sweet potato, chicken broth, tomatoes and 1 cup water and bring to a boil. Reduce the heat to maintain a simmer and cook until the sweet potato is tender, 10 to 15 minutes. Stir in the spinach and lime juice and season with salt. Divide among bowls and top with the tortilla strips, cilantro and avocado.

Prep

- Prep: 10 Minutes
- Cook: 25 Minutes

Source: FoodNetwork.com (4 servings)

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# Chorizo and Cheese Quesadillas

## **Chorizo and Cheese Quesadillas**

### Ingredients

8 ounces bulk chorizo or mild Italian sausage

$\frac{1}{3}$  cup chopped onion

2 cloves garlic, minced

1 fresh jalapeno pepper, finely chopped

6 6 – 8 inches vegetable-flavored or plain flour tortillas

1 tablespoon cooking oil

1 cup shredded Monterey Jack and/or queso fresco (Mexican farmer cheese) (4 oz.)

2 tablespoons snipped fresh cilantro or parsley

#### Method

1. For filling, in a medium skillet cook chorizo or sausage, onion, and garlic until meat is brown and onion is tender. Drain off fat. Pat chorizo mixture with paper towels to remove as much additional fat as possible. Stir in jalapeno pepper; set aside.

2. Brush one side of 3 tortillas with half of the cooking oil. Place tortillas, oiled sides down, on a large baking sheet. Spread the chorizo filling over tortillas on baking sheet. Combine cheese and cilantro or parsley; sprinkle over filling. Top with the remaining tortillas. Brush with the remaining oil.

3. Place quesadillas on the rack of an uncovered grill directly over medium heat. Grill for 3 to 4 minutes or until filling is heated through and tortillas are starting to brown, turning once halfway through grilling. To serve, cut quesadillas into wedges.

#### Prep

- Prep: 20 Minutes

Source: Recipe.com (8 servings)

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## Korean Fried Chicken (Yangnyeom Dak)

Yum!



## Korean Fried Chicken (Yangnyeom Dak)

### Ingredients

1 small yellow onion, coarsely grated  
2 cloves garlic, minced  
 $\frac{1}{2}$  teaspoon salt, plus more for coating  
 $\frac{1}{4}$  teaspoon black pepper, plus more for coating  
1.5 pounds boneless, skinless chicken thighs, (about 8, or up to 10) quartered, or 24 wings  
3 tablespoons Korean red pepper paste (gojuchang)  
3 tablespoons ketchup  
 $\frac{1}{4}$  cup sugar  
2 tablespoons toasted sesame seeds, more for garnish  
2 tablespoons lemon juice, (juice from  $\frac{1}{2}$  a lemon)  
Oil for deep frying  
 $\frac{1}{2}$  cup all-purpose flour  
 $\frac{2}{3}$  cup cornstarch

### Method

1. In a medium-size bowl, combine grated onion, garlic, salt and pepper. Add chicken and toss to coat well. Cover and set aside to marinate for about 1 hour.
2. In a large bowl, stir together chili paste, ketchup, sugar, sesame seeds and lemon juice. Taste and adjust flavors to get a spicy-sweet-tangy finish. Set aside.
3. Pour oil into a large heavy pot to a depth of 1  $\frac{1}{2}$  inches. Heat to 350 degrees. Combine flour and cornstarch in a shallow bowl and season with salt and pepper.
4. Working in batches to avoid crowding, lift chicken from

marinade, dredge lightly in seasoned flour and cornstarch, gently drop into oil and fry for 5 to 7 minutes, turning occasionally, until golden brown and crisp. Drain on paper towels. Repeat with remaining chicken, checking oil temperature between batches.

5. For wings only, when all pieces are done, increase oil temperature to 375 degrees and refry in batches for 30 to 60 seconds, until very crisp. Drain once more on paper towels. While chicken is still hot, brush thickly with chili sauce. Serve hot, sprinkled with sesame seeds.

Prep

- Marinate: 60 Minutes
- Cook: 30 Minutes

Source: [cooking.nytimes.com/recipes/](http://cooking.nytimes.com/recipes/) (4 servings)

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## Enchilada Casserole



### **Enchilada Casserole**

Make a hearty, healthy Mexican casserole the whole family will enjoy. Substitute ground turkey and chicken broth instead of beef, if desired.

Ingredients

1 lb. ground sirloin  
1 cup chopped onion  
1 tablespoon butter  
1 tablespoon minced garlic  
1 ½ tablespoons all-purpose flour  
1 cup fat-free, lower-sodium beef broth  
1 tablespoon 40%-less-sodium taco seasoning mix (such as Old El Paso)  
1 (8-ounce) can no-salt-added tomato sauce  
4 (8-inch) whole-wheat flour tortillas  
⅓ cup (1 1/2 ounces) shredded Monterey Jack cheese with jalapeño peppers

#### Method

1. Heat a large nonstick skillet over medium-high heat. Add beef and onion to pan; cook 6 minutes, stirring to crumble.
2. Preheat oven to 400°.
3. Melt butter in a medium saucepan over medium-high heat. Add garlic; sauté 1 minute. Sprinkle with flour; cook 30 seconds, stirring constantly. Add broth, taco seasoning, and tomato sauce to pan. Bring to a boil; cook 2 minutes, stirring occasionally. Add 1 1/2 cups tomato mixture to beef mixture; reserve 1/2 cup tomato mixture.
4. Place 1 tortilla in a 9-inch pie plate. Top with 1 cup beef mixture. Repeat layers, ending with tortilla. Spread reserved tomato mixture over tortilla. Top with cheese. Bake at 400° for 10 minutes or until cheese melts. Cool slightly. Cut into 4 wedges.

#### Prep

- Cook: 30 Minutes

Source: MyRecipes.com (4 servings)

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# Garlicky Chicken and Broccoli



## Garlicky Chicken and Broccoli

Ever wonder the secret to really tender chicken stir-fry? A simple egg white-cornstarch marinade and easy poaching technique, gives juicy results every time.

### Ingredients

- 1 large egg white(s)
- 2 tablespoons rice cooking wine, or sherry wine
- 3  $\frac{2}{3}$  tablespoons cornstarch, divided
- 2 teaspoons kosher salt
- 1 pound(s) uncooked boneless skinless chicken breast(s), use thin cutlets, thinly sliced
- 3 tablespoons low sodium soy sauce
- 2 tablespoons ketchup
- 4 teaspoons dark brown sugar
- 2 teaspoons chili sauce, such as sambal oelek (or to taste)
- 2 teaspoons sesame oil
- 1 tablespoon minced garlic
- 1 tablespoon ginger root, fresh, minced
- 5 cup(s) uncooked broccoli, cut into bite-size pieces
- 1 cup(s) reduced-sodium chicken broth
- 4 medium uncooked scallion(s), thinly sliced

### Method

1. In a glass dish, whisk together egg white, rice wine, 3 tablespoons cornstarch and salt; add chicken and toss to coat.

Cover dish and marinate chicken for 30 minutes (or overnight).

2. In a small bowl, whisk together soy sauce, ketchup, brown sugar, chili sauce and remaining 2 teaspoons cornstarch; set aside.

3. When ready to cook, bring a large pot of water to a boil; remove chicken from marinade and add to pot (discard marinade). Poach until chicken is cooked through, about 5 minutes; drain well and set aside.

4. Heat oil in a large nonstick skillet (or wok) over medium heat. Add garlic and ginger; cook, stirring, for 1 minute. Add broccoli and toss to coat. Pour broth over broccoli and increase heat to medium-high; cover skillet and cook until broccoli is crisp tender, about 5 minutes. Stir in chicken and reserved sauce; reduce heat to low and simmer until thick, about 3 minutes. Garnish with scallions and serve. Yields about 1 cup per serving.

#### Notes

To slice the raw chicken more easily, purchase thin cutlets and/or freeze the chicken before slicing it.

#### Prep

- Prep: 30 Minutes
- Cook: 20 Minutes

(6 servings)

Source: Weight Watchers