



Baked Egg Rolls

This kid-friendly snack is fun to eat and make. Dough is wrapped around a mixture of lightly seasoned ground turkey, green cabbage, and carrots.

CACFP CREDITING INFORMATION

1 egg roll provides 1½ oz meat, ¼ cup vegetable, and 1 oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nonstick cooking spray		2 sprays		2 sprays	<p>1 Preheat oven to 425 °F. Coat a skillet with nonstick cooking spray.</p> <p>2 Add ground turkey, salt, pepper, and garlic powder. Brown turkey on medium–high heat for about 15–20 minutes. Stir frequently. For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.</p> <p>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
Ground turkey, 93% lean, fresh or frozen, raw	3 lb 6 oz		6 lb 12 oz		
Salt, table		2 tsp		1 Tbsp 1 tsp	
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		2 tsp		1 Tbsp 1 tsp	
*Green cabbage, shredded	1 lb 4 oz	2 qt 2½ cup	2 lb 8 oz	1 gal 1 qt 1 cup	3 Stir in cabbage and carrots. Lightly sauté for 5 minutes, remove from heat, cover and allow to cool for 25 minutes.
*Carrots, peeled, shredded	8 oz	2¾ cup	1 lb	1 qt 1½ cup	
Egg, fresh, large		2		4	4 Make egg wash by whisking together egg and water.
Water		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Wonton wrappers (1 oz each)		25 each		50 each	5 Assemble egg rolls: Place ½ cup turkey vegetable mixture on the center of each wrapper.
					6 Carefully roll each egg wrapper. Place egg rolls, seam side down, on a baking sheet lined with parchment paper and lightly coated with nonstick cooking spray. Brush egg wash over the top and on all the sides each egg roll.
					7 Bake for 20 minutes. Heat to 140 °F for at least 15 seconds.
					8 Serve 1 egg roll. Critical Control Point: Hold at 140 °F or higher.



NUTRITION INFORMATION

For 1 egg roll.

NUTRIENTS	AMOUNT
Calories	191
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Total Fat	6 g
Saturated Fat	1 g
Cholesterol	62 mg
Sodium	400 mg
Total Carbohydrate	19 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	15 g
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Vitamin D	N/A
Calcium	47 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Cabbage	1 lb 7 oz	2 lb 14 oz
Carrots	10 oz	1 lb 4 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

If ground turkey is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Store raw ground turkey at 40 °F or lower.

YIELD/VOLUME

25 Servings	50 Servings
5 lb 12 ³ / ₄ oz	11 lb 9 ¹ / ₂ oz
25 egg rolls	50 egg rolls

