

Baked Egg Rolls

Ingredients

Canola oil
2 cups grated carrots
1 can (14 oz) bean sprouts, drained
 $\frac{1}{2}$ cup chopped water chestnuts
 $\frac{1}{2}$ cup chopped green peppers
 $\frac{1}{2}$ cup chopped scallions
1 garlic clove, minced
2 cups thinly shredded chicken (cooked)
4 tbsp cornstarch
1 tbsp water
1 tbsp soy sauce
1 tsp brown sugar
 $\frac{1}{8}$ tsp cayenne pepper
16 egg roll wrappers

Directions

Preheat oven to 425° F. Lightly coat large skillet with oil. Add in carrots, beans, chestnuts, peppers, scallions, garlic. Cook over medium heat for about 3 minutes. Add chicken and heat through. In a small bowl, combine cornstarch, water, soy sauce, one tsp of oil, brown sugar, and cayenne pepper; stir until smooth. Add to skillet. Bring to a boil and cook 2 minutes, stirring until thick. Remove from heat. Spoon $\frac{1}{4}$ cup of filling on bottom $\frac{1}{3}$ of egg roll wrapper. Tightly fold side toward center. Keep remaining wrappers covered with a damp paper towel. Place seam-side down on baking sheet. Repeat for remaining wrappers. Brush tops of rolls with a thin layer of oil. Bake 10-15 mins.