



Connecting schools and students
with local farms and farm fresh,
nutritious foods!

Seneca County Cornell Cooperative Extension • 308 Main Street Shop Centre Waterloo, NY 13165
p: (315) 539-9251 • e: seneca@cornell.edu • www.senecacountycce.org • Follow us   



Building Strong and Vibrant New York Communities

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F2S Baked Egg Rolls

Servings: 8



Ingredients:

- 1 lb. ground pork
- 1 Tbsp. Sesame oil
- 2 cups cabbage, shredded
- 1 cup carrot, grated
- 1/4 cup green onions, chopped
- 3 cloves garlic, minced
- 3 Tbsp. ginger, minced
- 1 Tbsp. soy sauce
- 1 Tbsp. rice vinegar
- Salt & Pepper, to taste
- 2 tsp chili paste, optional
- 16 egg roll wrappers
- 1 Tbsp. melted butter

Directions:

1. Preheat your oven to 425°F. Prepare veggies. Shred, grate, chop, & mince.
2. In a sauté pan heat sesame oil on medium. Add pork and salt & pepper to taste.
3. When pork is cooked, add veggies. Sauté 2-3 minutes. Add vinegar and soy sauce.
4. Turn off heat. Set aside and let cool. Lay out egg roll wrapper. Fill with 1/4 cup.
5. Brush corners with water. Fold up bottom corner. Fold in side corners. Roll up.
6. Brush egg rolls with melted butter. Bake 10 minutes. Turn over. Bake 10 minutes.

Nutrition Facts

8 servings per container
Serving size

Amount per serving

Calories **380**

% Daily Value*

Total Fat 16g **21%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 490mg **21%**

Total Carbohydrate 41g **15%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 17g

Vitamin D 0mcg **0%**

Calcium 58mg **4%**

Iron 3mg **15%**

Potassium 343mg **8%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.