

Egg Roll in a Bowl

Ingredients:

- 1 lb (16 ounces) ground pork or beef (if you wanted more of a bite you could use a ground sausage)
- 1 teaspoon minced garlic
- 14 ounces shredded cabbage or coleslaw mix
- 1/4 cup low-sodium soy sauce
- 1 teaspoon ground ginger
- 2 teaspoons sriracha or red pepper flakes for some heat
- 1 whole egg
- 1 tablespoon sesame oil
- 2 tablespoons sliced green onions

Directions:

In a large skillet, brown the pork or beef until no longer pink. Drain the meat if it's really wet. Add the garlic and sauté for 30 seconds. Add the cabbage/coleslaw, soy sauce, ginger, and sauté until desired tenderness. You can add a little water if you need more liquid to sauté the coleslaw down.

Make a well in the center of the skillet and add the egg. Scramble until done over low heat.

Stir in sriracha or red pepper flakes. Drizzle with sesame oil and sprinkle with green onions. Add additional soy sauce and sriracha if desired.

Crockpot Sesame Chicken

Ingredients

- 4 chicken breasts cut into bite size pieces
 - 1 c soy sauce
 - 1/4 c rice wine vinegar
 - 2 tbsp sesame oil
 - 1/2 c honey
 - 1/2 c brown sugar
 - 1/2 tsp red pepper flakes
 - 1 tsp garlic powder
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- 3 tbsp cornstarch
 - 1/4 c cold water
 - 1/2 tbsp sesame seeds
 - Green onions sliced for garnish

Directions:

Place cut chicken in crockpot. Combine the next 7 ingredients in a small mixing bowl and pour over chicken.

Cook on LOW for 2-3 hours or until chicken is cooked thoroughly. Use a slotted spoon to remove chicken from pot and set aside in a bowl. Pour liquid from pot into a small saucepan. Bring to a boil.

Whisk together 1/4 c cold water and cornstarch until cornstarch is dissolved and smooth. As sauce comes to a boil, slowly stir in cornstarch mixture until sauce is thick.

Pour sauce over chicken. Garnish with sesame seeds and chopped green onions.

Serve over rice.