

BAKED SAMBUSAS

Prep Time: 15 minutes

Cook Time: 15 minutes

Included in Box:

- 1 ½ c. lentils, cooked
- 1 (15 oz) can no salt carrots, drained and rinsed

Additional Ingredients Needed:

- 1 small onion (~½ c.), diced
- 12 egg roll wraps
- 1 T garlic powder
- ½ tsp ground cumin
- ¼ tsp ground cinnamon

Directions:

1. Preheat oven to 400 degrees F
2. Combine cooked lentils, carrots, onion and seasoning in microwave safe bowl; microwave for 30 seconds.
3. Place even spoonful of lentil filling in center of egg roll wrappers.
4. Wrap egg roll wrapper around filling, sealing the edges with water.
5. Place on greased cookie sheet and bake for 10 minutes. Flip sambusas over and bake for 10 more minutes, or until golden.

Tip: Coat sambusas with egg wash (1 egg, beaten + 1 T of 1% milk) before placing in oven.



Nutrition Facts*

Total Servings: 12
Serving Size: 1 sambusa
Calories: 98
Fat: 0 g
Sodium: 199 mg
Carbohydrates: 20 g
Fiber: 3 g
Protein: 5 g
Carbohydrate Servings: 1 ½

**Nutrient facts include cooked lentils, canned unsalted sliced carrots (drained), Nasoya refrigerated square egg roll wrappers, small white onion, and spices.*