



Air-Fryer Ham & Cheese Egg Rolls



1/6th of recipe (1 egg roll): 120 calories, 3g total fat (1.5g sat. fat), 400mg sodium, 14g carbs, 0.5g fiber, 1g sugars, 9.5g protein

Prep: 5 minutes **Cook:** 10 minutes



Ingredients

6 egg roll wrappers (stocked with the refrigerated Asian items in the supermarket)
3 slices reduced-fat cheddar cheese, halved
6 oz. (about 6 slices) reduced-sodium ham, roughly chopped
Optional dip: mustard

Directions

Lay an egg roll wrapper flat on a dry surface. In a row a little below the center, place half a cheese slice and 1/6th of the ham (about 1/4 cup). Moisten wrapper edges with water. Fold the sides in toward the middle, and roll up tightly around the filling. Seal with a dab of water. Repeat to make 5 more egg rolls.

Spray with nonstick spray, and place in the air fryer in a single layer. (If they don't all fit, save the remaining for a second batch.)

Set air fryer to 360°F (or the nearest degree). Cook until golden brown, 6–8 minutes.

MAKES 6 SERVINGS

Oven Alternative: Bake at 375°F until golden brown, about 15 minutes. (Keep an eye on them... If they cook too long, they may become Exploding Ham & Cheese Egg Rolls!)

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