



Air-Fryer Jalapeño Popper Egg Rolls



1/6th of recipe (1 egg roll): 120 calories, 3g total fat (1.5g sat. fat), 314mg sodium, 20.5g carbs, 1.5g fiber, 3.5g sugars, 3.5g protein

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Prep: 10 minutes **Cook:** 20 minutes



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Ingredients

2 cups chopped onion
1/2 cup whipped cream cheese
1/2 cup jarred jalapeño peppers, drained and roughly chopped
6 egg roll wrappers (stocked with the refrigerated Asian items in the supermarket)

Seasonings:

1/2 tsp. garlic powder
1/2 tsp. onion powder

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir onion until softened and browned, 8–10 minutes.

Transfer onion to a medium bowl. Add cream cheese, chopped jalapeño peppers, and seasonings. Mix until uniform.

Lay an egg roll wrapper flat on a dry surface. In a row a little below the center, place 1/6th of the filling (about 1/3 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.

Place egg rolls seam side down in an air fryer, and spray with nonstick spray. Set air fryer to 390°F. Cook for 6 minutes, or until golden brown.

MAKES 6 SERVINGS

Oven Alternative: Bake at 375°F until golden brown, 25–30 minutes.

HG Tip: Jarred jalapeños come in both hot and mild varieties. We used the hot ones for some serious spice!

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