



Air-Fryer Reuben Egg Rolls



[Click here](#) to see Lisa make it on Facebook, and [click here](#) for YouTube!

1/6th of recipe (1 egg roll): 155 calories, 5.5g total fat (2g sat fat), 536mg sodium, 16g carbs, 1g fiber, 2g sugars, 11g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 10 minutes **Cook:** 15 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

1 cup bagged coleslaw mix
4 oz. (about 8 slices) corned beef, trimmed of excess fat
4 slices reduced-fat Swiss cheese
1/2 cup sauerkraut, drained and patted dry
3 tbsp. light Thousand Island dressing, or more for dipping
6 large square egg roll wrappers (stocked with the refrigerated Asian items in the supermarket)

Directions

Place coleslaw in a medium microwave-safe bowl, and add 2 tbsp. water. Cover and microwave for 1 1/2 minutes, or until softened.

Drain excess liquid or pat dry. Chop corned beef and cheese slices, and add them to the bowl. Add drained sauerkraut and dressing. Mix well.

Lay an egg roll wrapper flat on a dry surface. Evenly distribute 1/6th of the mixture (about 1/3 cup) in a row a little below the center. Moisten all four edges by dabbing your fingers in water and going over the edges smoothly. Fold the sides about 3/4 inch toward the middle, to keep mixture from falling out. Roll up the wrapper around the mixture and continue to the top. Seal with a dab of water. Repeat to make 5 more egg rolls.

Spray egg rolls with nonstick spray. Place in the air fryer cooking basket in a single layer. (If they don't all fit in a single layer, cook a second batch afterward.)

Set air fryer to 390 degrees (or the nearest degree). Cook for 7 minutes, or until golden brown.

MAKES 6 SERVINGS

Oven Alternative: No air fryer? No problem! Bake at 375 degrees until golden brown, 25 - 30 minutes.

Air-Fryer Novice? Check out [our guide to all things air fryer!](#)

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.