



Broccoli Cheddar & Ham Egg Rolls



1/6 of recipe (1 egg roll): 127 calories, 4.5g total fat (2.5g sat. fat), 379mg sodium, 16.5g carbs, 1g fiber, 1.5g sugars, 7g protein

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



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Ingredients

2 cups finely chopped broccoli
4 oz. (about 8 slices) reduced-sodium ham, chopped
1/2 cup shredded reduced-fat cheddar cheese
1/3 cup whipped cream cheese
1 tsp. ranch dip/dressing seasoning mix
6 egg roll wrappers

Directions

In a medium microwave-safe bowl, combine broccoli with 1/4 cup water. Cover and microwave for 2 1/2 minutes, or until softened.

Drain any excess water. Add chopped ham, cheddar cheese, cream cheese, and ranch seasoning mix. Stir until well mixed.

Evenly distribute 1/6 of the filling (about 1/3 cup) along the center of an egg roll wrapper. Fold in the sides, and roll up the wrapper around the filling. Seal with a dab of water. Repeat to make 5 more egg rolls.

Spray an air fryer with non-aerosol nonstick spray. Place egg rolls in the air fryer. Set air fryer to 390°F. Cook until golden brown and crispy, 6–8 minutes.

MAKES 6 SERVINGS

Oven Alternative: No air fryer? No problem! Bake at 375°F until golden brown and crispy, 25–30 minutes.

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