



Air-Fryer Cheeseburger Egg Rolls



1/6th of recipe (1 egg roll): 153 calories, 4g total fat (2g sat. fat), 357mg sodium, 17.5g carbs, 1g fiber, 3g sugars, 11.5g protein

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Prep: 15 minutes **Cook:** 25 minutes



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Ingredients

8 oz. raw extra-lean ground beef (4% fat or less)
1/4 tsp. garlic powder
1/4 tsp. onion powder
Dash each salt and black pepper
1/2 cup chopped bell pepper
1/2 cup chopped onion
3 tbsp. shredded reduced-fat cheddar cheese
3 tbsp. light/reduced-fat cream cheese
2 tbsp. ketchup
1 tbsp. yellow mustard
6 hamburger dill pickle chips, chopped
6 large square egg roll wrappers (stocked with the refrigerated Asian items in the supermarket)
Optional dips: additional ketchup and yellow mustard

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, and sprinkle with seasonings. Add bell pepper and onion. Cook, stir, and crumble until beef is fully cooked and veggies have softened, about 5 minutes.

Remove skillet from heat, and add cheddar cheese, cream cheese, ketchup, and mustard. Stir until thoroughly mixed and melted.

Transfer mixture to a medium-large bowl. Fold in chopped pickles.

Lay an egg roll wrapper flat on a dry surface. Evenly distribute about 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 with nonstick spray.

Working in batches as needed, place in the air fryer cooking basket in a single layer.

Set air fryer to 392 degrees. Cook until golden brown, 7 - 9 minutes.

MAKES 6 SERVINGS

Oven Alternative: Bake at 375 degrees until golden brown, 25 - 30 minutes.

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