



Southwestern Chicken Egg Rolls



1/6th of recipe (1 egg roll with about 1 1/2 tbsp. sauce):
150 calories, 2g total fat (0.5g sat. fat), 406mg sodium,
20g carbs, 2g fiber, 1.5g sugars, 13g protein

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Prep: 20 minutes **Cook:** 40 minutes



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Ingredients

Eggrolls

8 oz. raw boneless skinless chicken breast
1/2 tsp. ground cumin
1/2 tsp. chili powder
1/2 tsp. salt
1/4 tsp. black pepper
1/2 cup canned black beans, drained and rinsed
1/2 cup frozen sweet corn kernels
2 tbsp. seeded and chopped jalapeño peppers
2 tbsp. chopped fresh cilantro
6 large square egg roll wrappers (stocked with the refrigerated Asian items in the supermarket)

Sauce

1/4 cup fat-free plain Greek yogurt
1 oz. (about 2 tbsp.) mashed avocado
1 tbsp. salsa
1 tsp. chopped fresh cilantro
Dash salt

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Pound chicken to an even thickness. Season with 1/4 tsp. cumin, 1/4 tsp. chili powder, 1/4 tsp. salt, and 1/8 tsp. black pepper. Bring a large skillet sprayed with nonstick spray to medium heat. Cook chicken for about 4 minutes per side, until cooked through.

In a medium bowl, combine black beans, corn, jalapeño, and cilantro. Add remaining 1/4 tsp. cumin, 1/4 tsp. chili powder, 1/4 tsp. salt, and 1/8 tsp. black pepper. Chop chicken, and add to the bowl. Mix well.

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.

Place egg roll on the baking sheet, and repeat to make 5 more egg rolls.

Spray egg rolls with nonstick spray. Bake until golden brown, 25 - 30 minutes.

Meanwhile, in a small bowl mix sauce ingredients until uniform.

Serve egg rolls with sauce for dipping.

MAKES 6 SERVINGS

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