



Spanakopita Egg Rolls



1/6 of recipe (1 egg roll): 144 calories, 5.5g total fat (3.5g sat. fat), 385mg sodium, 16.5g carbs, 1g fiber, 1g sugars, 7.5g protein

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



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Ingredients

One 8-oz. package frozen chopped spinach, thawed and squeezed dry
1/2 cup crumbled feta cheese
1/2 cup shredded part-skim mozzarella cheese
1/4 cup whipped cream cheese
3 tbsp. finely chopped onion
1/2 tsp. garlic powder
1/4 tsp. dried oregano
1/4 tsp. dried parsley
6 egg roll wrappers
Optional dip: tzatziki yogurt sauce (like the kind by Boar's Head or Cedar's)

Directions

In a medium bowl, combine all ingredients except egg roll wrappers. Mix thoroughly.

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 your egg rolls at 375°F until golden brown, 25–30 minutes.

Mixing Tip: The easiest way to mix that spinach filling is with your hands! Don't like putting your hands in food? Make like the pros, and pick up some [food-safe gloves](#) to work in.

Wrapper Advice: Once opened, that pack of egg roll wrappers will stay fresh in the fridge for about a week. Simply seal in an airtight bag or container. To freeze, spread a tiny bit of flour or cornstarch over each sheet, restack, and store in an airtight bag or container. (This will make them easy to separate once thawed.)

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