

Southwestern Egg Rolls

INGREDIENTS

- 1 cup rotisserie chicken, shredded
- 1/2 cup black beans, rinsed and drained
- 1/2 cup corn (fresh or frozen)
- 1/2 cup shredded Monterey Jack cheese
- 1/2 red bell pepper, finely diced
- 2 green onions, finely diced
- 1/2 tsp garlic powder
- 1/2 tsp cumin
- Salt to taste
- 6-8 egg roll wrappers
- Olive oil spray or brush for baking

DIRECTIONS

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. In a large bowl, combine the chicken, black beans, corn, cheese, bell pepper, green onions, garlic powder, cumin, and salt.
3. Lay an egg roll wrapper on a clean surface with a corner pointing down (like a diamond shape).
4. Spoon 2-3 tablespoons of filling into the center.
5. Fold the bottom corner up and over the filling, tucking it snugly underneath.
6. Fold in the left and right corners toward the center.
7. Roll tightly upward to seal, using a dab of water to help the top corner stick.
8. Place the egg rolls seam-side down on the prepared baking sheet. Lightly spray or brush with olive oil.
9. Bake for 10-12 minutes, flip, and bake another 8-10 minutes, until golden brown and crisp.
10. Let cool slightly and serve with your favorite dip!