

Southwestern Egg Rolls

Chicken and Spices:

1 small chicken breast, diced small
1 Tbsp. vegetable oil
1/4 tsp. cayenne powder
1/2 tsp. cumin
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. salt
1/4 tsp. pepper

Filling Ingredients:

1/4 of a red pepper, diced
2 Tbsp. canned green chilies
1/3 c. corn
1/3 c. black or pinto beans
1/2 Roma tomato, seeded and diced
1/4 small onion, diced
1 Tbsp. cilantro, chopped finely
1/2 lime, juiced
1 c. shredded cheese

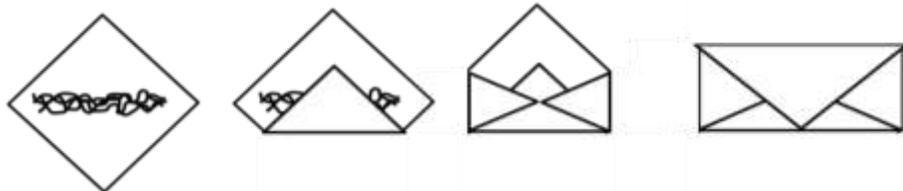
Egg Roll Wrappers:

8-10 large egg roll wrappers,
(2 per person in group)

Optional Toppings:

Sour Cream
Salsa
Ranch Dressing

1. Preheat the oven to 425°.
2. Line a cookie sheet with tin foil and spray heavily with cooking spray. Set aside.
3. Dice the chicken breast into very small pieces. Place the vegetable oil and chicken in a large skillet and toss together to coat the chicken in oil.
4. Combine all of the spices (cayenne powder, cumin, garlic powder, onion powder, salt and pepper) together in a custard cup and mix them together until evenly combined.
5. Sprinkle the spices over the chicken pieces and toss to coat the chicken.
6. Cook the chicken on medium-high heat until no longer pink.
7. When the chicken is cooked, add the diced red pepper, green chilies, corn, beans, diced tomato, diced onion, cilantro and lime juice. (Do NOT add the shredded cheese yet.)
8. Cook the filling mixture on medium-high heat for about 5-6 minutes, or until the onions and pepper are slightly softened and the mixture is warmed through. Remove the skillet from the heat.
9. Once the skillet has been removed from the heat, sprinkle the shredded cheese over the filling mixture and then toss to melt the cheese throughout the filling.
10. Separate the egg roll wrappers and using a pastry brush, brush all four outside edges of each wrapper with cold water.
11. Evenly distribute the filling mixture down the center of each egg roll wrapper. (Do not roll any of the egg rolls until all of the filling has been evenly distributed.)
12. Using the picture below, roll each egg roll tightly and place on the cookie sheet with the sprayed tin foil, seam side down.



13. Spray the tops of each egg roll heavily with cooking spray and then place them in the oven.
14. Bake the egg rolls for 15-20 minutes, or until lightly golden brown. Serve warm with desired dipping sauces/toppings.