



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

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.

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