



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

[Click for WW Points® value*](#)

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



More: [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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

Publish Date: May 12, 2017

Author: Hungry Girl

Copyright © 2023 Hungry Girl. All Rights Reserved.