

THE CULINARY

Playground



Southwestern Egg Rolls

5 boneless skinless chicken thighs fat removed OR 3 boneless skinless chicken breasts (small)
1/4 cup minced red bell pepper
2/3 cup corn
1 cup canned black beans rinsed & drained
1/4 cup frozen chopped spinach, thawed with the water squeezed out
1/4 cup diced canned jalapeno peppers
1/4 teaspoon cayenne pepper
1 1/2 teaspoon garlic powder
1 1/2 teaspoon cumin
1 1/2 teaspoon chili powder
4 green onions white and green parts, sliced
2-3 Tablespoons chopped cilantro (omit if you don't like it or add more if you love it!)
3/4 cup shredded Monterey Jack Cheese
salt & pepper to taste
8 8" flour tortilla
1 egg beaten
Pan spray

If you are crock potting this place the chicken, bell pepper, cayenne, garlic powder, cumin and chili powder in the crock pot. Add about 1/8-1/4 c water. Just enough to have some liquid in the bottom. Set on high and cook for 4 hours. Shred the chicken and let cool completely.

If you are using a saute pan. Cut the chicken into small pieces. Spray the pan with pan spray to coat. Add the chicken, bell peppers, cayenne, garlic powder, cumin and chili powder. Cook and stir until the chicken is cooked through. If it gets really dry, add a little water. Let cool completely.

Chop up the chicken mixture a little more to resemble a shredded look.

Preheat the oven to 425 degrees. Line a baking sheet with aluminum foil.

Spray the foil with cooking spray or brush with oil.

To the cooled chicken mixture add the green onions, jalapenos, black beans, corn, spinach and cheese. Mix together. Add salt and pepper to taste. If you think it needs more spice, adjust the amount of cumin, chili powder or cayenne! Lay down a tortilla, on the end facing you add about

3 HEAPING tablespoons of the chicken mixture leaving about 1/2" at the top. Lightly brush the beaten egg on the other end of the tortilla. This will seal it. Fold the end facing you with the filling over the mixture once. Fold in the sides and continue to roll ending at the egg wash end. Roll these tightly. Place seam side down on the baking sheet. Continue with the rest.

Southwestern Egg Rolls

Before placing in the oven spray each with the cooking spray or lightly brush with oil. Bake for 20 minutes.

Remove from oven.

They should be hard and crunchy on the outside.

Let cool for 10 minutes, then cut on the diagonal and serve with the Avocado Ranch dipping sauce.

Avocado Ranch Dipping Sauce

1/4 cup smashed avocado, about 1/2 avocado

1/4 cup light mayo

1/4 c low fat sour cream

2 Tablespoons buttermilk

1 1/2 teaspoon white vinegar

1/8 teaspoon salt

1/8 teaspoon dried parsley

1/8 teaspoon onion powder

1/8 teaspoon garlic powder

dash dried dill weed

dash pepper

Mix all ingredients together in a bowl.

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16 MANNING ST. DERRY, NH

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