

Southwest Chicken Egg Rolls with Avocado Dipping Sauce

Adapted from a recipe by [cakeandallie](#)

Ingredients:

- 1 cup cooked, shredded chicken
- 1 ½ cups frozen corn, thawed
- 1 can (15 oz) black beans, rinsed and drained
- 1 9 oz package frozen spinach, thawed with extra liquid squeezed out
- 1 cup shredded Mexican cheese (you can definitely use more if you want!)
- 1 7 oz can diced green chiles
- 4 green onions, finely diced
- 1 tsp salt
- 1-2 tsp. ground cumin
- ½ tsp. cayenne pepper
- ½ tsp. chili powder
- 1 package of egg roll wrappers (I used Melissa's brand)

Preheat the oven to 425 degrees.

In a very large bowl, mix all ingredients except egg roll wrappers together. Because there is a lot of filling, I just used my hands.

Using a serving spoon, place a large dollop of filling on one corner of the egg roll wrapper. Start tightly rolling the wrapper around the filling toward the other corner. After one good roll, fold the sides of the wrapper around the filling. Continue until the other corner is reached. Seal the edge by dipping your fingers in some water and dabbing a bit on the end. The egg roll wrappers have a pretty good diagram inside, but I think we've all been to Chipotle enough to know how it's done...

Place the egg rolls on a greased cookie sheet and lightly spray the tops with cooking spray (this helps them get crisp and golden). Bake the egg rolls for 15 minutes, turning them at least once during baking.

For avocado dipping sauce:

- 1 avocado, peeled and pitted
- ½ cup sour cream
- 2 tsp. cumin
- 2 tablespoons fresh cilantro
- 1 tsp. salt

Add all ingredients to a food processor or blender and mix until smooth and creamy.

