

Avocado Chicken Egg Rolls



Servings:

14

Prep Time:

10 minutes

Cook Time:

15 minutes

Ingredients

- 14 ea **Egg Roll Wrappers**
- 1 cup **Rotisserie Chicken**, shredded
- 3 **Avocados**, diced
- 1/3 cup **Red Onion**, diced
- 1-2 tbsp **Cilantro**, chopped
- 1/3 cup **Sundried Tomatoes in Oil**, pat dry to remove oil and dice
- 1 **Lime**, juiced
- ½ tsp **Garlic Powder**
- ¼ tsp **Salt**
- ¼ tsp **Black Pepper**

Method of Preparation

Step 1

Preheat oven to 350°F.

Place all ingredients in a bowl and mix well, mashing some of the avocado.

Step 2

Scoop filling into the center of a wrapper.

Fold the edges and roll. Seal the top with water.

Step 3

Place egg rolls on a baking sheet and spray both sides with cooking spray.

Bake for 15-18 minutes, flipping over halfway. Serve with your favorite dipping sauce.

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