

Southwestern Eggrolls, reduced fat version, inspired by Chili's

Ingredients:

1½ cup shredded or diced cooked chicken
1 tablespoon vegetable oil
¾ cup diced red and/or yellow bell pepper
½ cup diced sweet onion
1 cup frozen corn (such as Trader Joe's roasted corn)
¾ - 1 cup cooked black beans, rinsed and drained
½ cup frozen chopped spinach, thawed and drained
¼ - ⅓ cup diced, canned New Mexico green chiles or fresh jalapeno peppers
1½ tablespoon minced fresh oregano
1½ teaspoon cumin
1½ teaspoon chili powder
1 teaspoon New Mexico Green Chile powder
½ teaspoon salt
¼ teaspoon cayenne pepper
2¼ cup shredded low fat Mexican cheese blend (such as Trader Joe's, which includes Cheddar, Monterey Jack, Asadero and Queso Blanco cheese), (measure by scooping loosely into measuring cup)
six 8-inch whole wheat tortillas

Directions:

1. Preheat vegetable oil in a medium-size non-stick skillet over medium heat.
2. Add the red/yellow pepper and onion to the pan and saute for a couple minutes until tender.
3. Add the corn, black beans, spinach, chiles or jalapeno peppers, oregano, cumin, chili powder, salt, and cayenne pepper to the pan. Add the cooked chicken to the pan. Cook for another 4 minutes. Stir well so that the spinach separates and is incorporated into the mixture.
4. Remove the pan from the heat and add the cheese. Stir until the cheese is melted and mixture sticks together.
5. Wrap the tortillas in a moist clean dishcloth and microwave on high for 3 minutes or until hot, to soften the tortillas so that they can be rolled.
6. Spoon filling mixture into the center of each tortilla. Fold in the ends and then roll the tortilla over the mixture. Roll the tortilla tightly, gooey filling should hold it in place, otherwise, use a toothpick to hold roll together.
7. Gently toast the eggrolls in a large non-stick skillet that has been sprayed with Pam, using medium to low heat. Turn the eggrolls as each side browns (about 10 minutes total).
8. Slice each eggroll diagonally and serve arranged on a plate around a small bowl of Avocado Ranch dipping sauce. Garnish with the chopped tomato, red or yellow pepper and/or onion.

Avocado-ranch dipping sauce:

¾ cup smashed, fresh avocado (about one avocado)
¼ cup mayonnaise
¾ cup sour cream
⅓ cup plain yogurt (half of a 6 oz. carton)
2 or 3 tablespoons fresh squeezed lime juice
½ teaspoon onion powder
¼ - ½ teaspoon dried dill weed
⅓ teaspoon pepper
optional, salt to taste (¼ - ½ teaspoon)

Prepare the avocado-ranch dipping sauce by combining all of the ingredients.

Serves 3-4 as a meal, or more as an appetizer.