



Easy Southwest Chicken Spring Rolls

Prep: 25 minutes

Bake: 5 minutes • Serves: 8

Spring Rolls

- 2 cups shredded rotisserie chicken meat (from 1 chicken)
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon salt
- ½ teaspoon ground cayenne pepper
- 8 (6-inch) flour tortillas
- 1 tablespoon unsalted butter, softened
- 4 slices fully cooked bacon, chopped
- 3 green onions, sliced (about ¼ cup)
- 1 small avocado, thinly sliced
- 1 small jalapeño pepper, seeds removed and finely chopped (about 2 tablespoons)
- 1 small tomato, finely chopped (about ½ cup)
- ½ cup shredded Monterey Jack Cheese

Creamy Chili Dip

- 1 can (4 ounces) diced mild green chiles
- 1 cup sour cream
- 1 tablespoon fresh lime juice

1. Prepare Spring Rolls: Preheat oven to 450°. In medium bowl, combine chicken, chili powder, cumin, salt and cayenne. Evenly brush 1 side of each tortilla with butter; turn tortillas over.

2. On bottom half of each tortilla, in about 2-inch strip, evenly layer one-eighth of the bacon, chicken mixture, green onions, avocado, jalapeño, tomatoes and cheese. Starting from bottom, tightly roll tortilla to enclose filling; place rolls, seam side down, on cookie sheet. Bake 5 to 7 minutes or until lightly browned.

3. Meanwhile, prepare Creamy Chili Dip: In small bowl, stir all ingredients until well combined. Makes about 1¼ cups.

4. To serve, cut rolls in half and serve with dip.

Approximate nutritional values per serving

(1 roll and 2½ tablespoons dip):

319 Calories, 18g Fat (8g Saturated), 64mg Cholesterol, 847mg Sodium, 23g Carbohydrates, 3g Fiber, 16g Protein

Get Inspired

For a healthier version, replace bacon with turkey bacon, rotisserie chicken with shredded, cooked boneless, skinless chicken breast meat, cheese with reduced fat or fat-free cheese and sour cream with plain nonfat yogurt.