Buffalo Chicken Egg Rolls
Makes 8 servings

Ingredients

- 2 boneless, skinless chicken breasts (16 ounces total)
- Water or chicken broth
- 2 ounces ⅓-less-fat cream cheese, softened
- ½ cup hot sauce
- ½ cup crumbled blue cheese
- ⅓ cup shredded carrots, chopped
- ⅓ cup chopped scallions
- 16 egg roll wrappers
- Olive oil spray
- Blue cheese dressing, optional for dipping

Instructions

1. Place chicken in a slow cooker and add enough water or chicken broth to cover. Cook on high for 4 hours. Remove and shred with two forks; discard the liquid.
   - To make in an "instant pot," add at least 1 cup of broth or water, enough to cover the chicken. Cook on high pressure for 15 minutes, natural release. Discard liquid and shred with two forks.
2. Meanwhile, combine the cream cheese and hot sauce until smooth. Add the chicken, blue cheese, carrots and scallions, and mix well. This makes 3 cups.
3. One at a time, place egg roll wrappers on a clean surface, points facing top and bottom like a diamond.
4. Spoon 3 tablespoons of the buffalo dip mixture onto the bottom third of the wrapper.
5. Dip your finger in a small bowl of water and run it along the edges of the wrapper. Lift the point nearest you and wrap it around the filling.
6. Fold the left and right corners in toward the center and continue to roll into a tight cylinder.
7. Set aside and repeat with remaining wrappers and filling.
8. Spray all sides of the egg rolls with oil, using your fingers to evenly coat.
9. Preheat the oven to 400 degrees. Spray a sheet pan with oil.
10. Transfer the egg rolls to the baking sheet and cook until browned and crisp, about 16 to 18 minutes, turning halfway.
11. Serve immediately, with dipping sauce on the side, if desired.

Nutrition Facts

Serving size: 2 egg rolls; calories per serving: 231.5; total fat: 6g; saturated fat: 3g; cholesterol: 24.5mg; sodium: 1,020mg; carbohydrates: 24.5g; fiber: 1g; sugar: 1.5g; protein: 20g

Source: www.skinnytaste.com