

Chicken Egg Rolls



Ingredients

1 package Azteca® salad shells

1 tablespoons vegetable oil

½ cup green onions, chopped

1½ teaspoons soy sauce

1 tablespoon water

½ pound skinless chicken breast, cut into thin strips

1 small red pepper, cut into strips

¼ pound fresh bean sprouts, rinsed & drained
(optional)

1 tablespoon cornstarch

1 egg combines with 1 tablespoon water

Directions

Preheat oven 400°

Heat oil in a large skillet and thoroughly cook chicken; add pepper & onion, cook 5 minutes. Reduce heat, add sprouts and soy sauce.

Combine cornstarch and 1 tablespoon water, stir into chicken mixture.

Heat 5 minutes over low heat, remove and cool 10-15 minutes. Divide filling in four and place in the center of each unbaked shell. Fold both sides of shell over filling; fold bottom half of shell up and top half over to close. Place seam side down on an ungreased baking sheet. Brush entire top and sides of each roll with egg. Bake 12-14 minutes until golden brown.

