

Cheesesteak Egg Rolls

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Adapted from Ang at SMAC Vision on YouTube

Ang's Video: <https://youtu.be/TPnT80Kwl80>

Serves: 8

Blue – 4 points for 1

Purple – 4 points for 1

Green – 4 points for 1

- 8 egg roll wrappers
- 1 cup chopped onions
- $\frac{1}{4}$ tsp onion powder
- $\frac{1}{4}$ tsp garlic powder
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- 10 oz lean chip steak
- 2 Tbsp whipped cream cheese
- 3 oz Cabot 75% reduced fat cheese (shredded)

1. Spray a large skillet with non stick spray.
2. Add onions and saute until soft and translucent.
3. Add in chip steak. Season with garlic and onion powders, salt and pepper.
4. Cook until meat is done.
5. Remove skillet from heat. Add in cream cheese and

shredded cheese. Stir until melted.

6. Transfer to a bowl.
7. Lay an egg roll wrapper flat on a dry surface. Divide the meat mixture into 8 servings. In a row a little below the center of the wrapper, lay the meat mixture. Moisten all 4 edges of the wrapper with water. Fold the sides in toward the middle and then roll up the wrapper around the mixture. Seal with a dab of water.
8. Spray rolls with non stick spray. Place egg rolls in the air fryer and cook at 390 for 7-9 minutes or until golden brown. I turn over half way through.
9. For the oven – Spray rolls with non stick spray. Preheat oven to 400. Bake for 8-10 minutes, turn and bake for 5-7 minutes more.