

Southwestern Spring Rolls

Spring Rolls

- 10 to 12 egg roll wrappers
- 1 16 oz. can refried beans
- 1 cup thinly sliced green onion (tops included)
- 1 cup corn niblets
- 1 cup small diced tomatoes
- 4 oz. cheese, grated
- Canola oil for deep frying
- 1 egg beaten with 1 tbsp. water (egg wash)

Avocado Sauce

- 1 smashed Avocado
- 1/4 cup Mayo
- 1/4 cup Sour Cream
- 1 tablespoon Buttermilk
- 1 1/2 teaspoons White Vinegar
- Dash Salt
- 1/8 teaspoon Dried parsley
- 1/8 teaspoon Onion Powder
- Dash Dried Dill Weed
- Hot Sauce to Taste
- Garlic Powder

Put every ingredient in a bowl and mix well.
Smash the avocado.

Taco Sauce (the best you'll ever have...)

- 1 8 oz. can tomato sauce (look for a sugar free brand)
- 1/3 cup water
- 1 tbsp. white vinegar
- 1/4 tsp. chili powder
- 1 1/2 tsp. cumin
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1/4 tsp. salt
- 1/4 tsp. paprika
- 1/4 tsp. sugar
- 1/4tsp. cayenne

Spring Rolls

Preheat frying oil to 350F. For the spring rolls, lay out one egg roll wrapper, place some grated cheese in the bottom top with approximately two tablespoons of refried beans, sprinkle on about 1 tbsp., each of corn, tomatoes and green onions.

Fold in the sides of the egg roll wrapper, then fold up the bottom. Brush the

top of the wrapper with a little of the egg wash then fold over to seal the spring roll. Brush entire roll with the egg wash. Deep fry the spring rolls two at a time for 3 to 5 minutes until golden brown. Serve with avocado or taco sauce.

Avocado Sauce

Put every ingredient in a bowl and mix well.
Smash the avocado.

Taco Sauce

Mix all ingredients in a small saucepan, simmer on low for 15 to 20 minutes, stirring occasionally. Cool before serving.