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A delicious air-fried option for Buffalo chicken egg rolls

By *Susie Iventosch*



Buffalo Chicken & Blue Cheese Egg Rolls (Air-fried). Photo Susie Iventosch

Melted cheddar, tender shredded chicken, cilantro, and blue cheese crumbles all tossed in your favorite Buffalo wing sauce, then wrapped in an egg roll and air-fried to the perfect crispiness is what I'm talking about! Of course you can fry your egg rolls in oil, but since we are health buffs (most of the time) we opted to make these in our air fryer and they turned out great. They are not quite as crispy or flaky, but still really crunchy and so much healthier.

If you don't have an air fryer, you might think about getting one. We have the Instant Vortex 6-Qt. Air Fryer and we really love it, because you get all of the crunchiness of fried foods, but with so much less fat. We love the taste of fried foods, but not the feeling after eating all that oil. You can cook so many things in your air fryer, too, like the falafel we posted a few months ago, French fries, yuca fries (so delicious), Brussels sprouts and so much more. We are really just beginning

to make use of ours, but there are so many things that we want to try making in it.

If you don't have an air fryer, you can also bake these in the oven on a baking sheet for another healthy version!

INGREDIENTS

Buffalo Chicken & Blue Cheese Egg Rolls

(Makes 10 Egg Rolls)

- 10 each egg roll wrappers
- 2 cups cooked, shredded chicken breast (can use thigh meat too, if you prefer)
- 1 cup crumbled blue cheese
- 1 cup grated sharp cheddar cheese
- 2 tablespoons snipped fresh cilantro leaves
- 1/3 cup Buffalo sauce
- 1 tablespoon Louisiana hot sauce
- Salt to taste
- 1 egg, beaten
- 1 cup yogurt blue cheese dressing (recipe below)
- Extra Buffalo Sauce
- Carrot & celery sticks for garnish
- Yogurt Blue Cheese Dressing
- 1 cup crumbled blue cheese, at room temperature
- 2 tablespoons olive oil
- 2 tablespoons white wine vinegar (red wine vinegar will turn the dressing pink!)

1 teaspoon fresh lemon juice

1 dash white pepper

1/2 cup plain nonfat yogurt

DIRECTIONS

Buffalo Chicken & Blue Cheese Egg Rolls

Place shredded chicken, grated cheddar cheese, blue cheese and cilantro in a mixing bowl. Stir to combine. Season to taste with salt . just grind some right into the bowl. Add 1/3 (or more if you like the heat) cup of your favorite Buffalo wing sauce and mix well. Stir in Louisiana hot sauce. Set aside.

Lay five of the egg roll wrappers out on a cutting board. Divide half of the chicken mixture evenly on each wrapper toward the bottom of the egg roll wrapper.

Starting from the bottom roll up part way. Then fold the right corner of the wrapper in toward the center. Then fold the left side in toward the center.

Using a basting brush or the tips of your fingers, brush the top triangle of the wrapper with the egg. Then continue to roll the egg roll up toward the top until the whole thing is snugly wrapped. Press down where the egg wash is. Set aside.

Repeat the process until all of the egg roll wrappers have been filled. At this point you can refrigerate them until you are ready to air fry or bake them, or cook them right away.

When ready to bake, heat the air fryer to 350 F and set the bake time to 8 minutes. The fryer will tell you when to add the food, and then you just lay half the batch in the basket in the fryer. Air fry until the machine tells you to turn the food. Do as it says and then continue to air fry until they are golden-brown and crispy. Set aside in foil to keep warm. Repeat the process until all egg rolls are baked.

If you don't have an air fryer, preheat the oven to 400 F and line a baking sheet with parchment paper. Place the egg rolls on the parchment paper. Bake for 10-15 minutes, or until the crust is golden-brown and the filling is heated and the cheese is melted.

Serve hot egg rolls with a side of homemade yogurt blue cheese dressing (recipe below), extra Buffalo sauce, celery and carrot sticks.

Yogurt Blue Cheese Dressing

Place blue cheese crumbles in a bowl and mash with a fork. Add olive oil and mix into a paste. Stir in lemon juice, vinegar and white pepper. Blend well. Add yogurt and stir to combine. If you like your dressing a little more on the thin side, then simply add more olive oil and white wine vinegar in equal amounts until you arrive at your desired consistency.



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