



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

### AVOCADO SPRING ROLLS

3 medium Hass avocados, cubed

Juice of 1-2 limes

¼ cup chopped sundried tomatoes,  
packed in oil, drained

2/3 cup diced red onion

1/3 cup chopped cilantro

1 teaspoon kosher salt

Freshly ground black pepper

10 egg roll wrappers

Small bowl of water for sealing

Olive or canola oil spray

#### DIPPING SAUCE:

2 tablespoons mayonnaise

1 tablespoon sweet chili sauce

A few dashes Sriracha

1. **AIR FRYER DIRECTIONS:** In a medium bowl, combine avocado, lime juice, sundried tomatoes, onion, cilantro, salt and pepper, to taste. Gently toss to combine.
2. One at a time, place egg roll wrapper on a clean surface, points facing top and bottom like a diamond. Spoon ¼ cup mixture onto the bottom third of the wrapper.
3. 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. Fold the left and right corners in towards the center and continue to roll into a tight cylinder. Set aside and repeat with remaining wrappers and filling.
4. Spray all sides of the egg rolls with oil.
5. Preheat the air fryer to 400 degrees F. In batches, cook 400F for 6 minutes, turning halfway through, or until golden brown.

6. Meanwhile, in a small bowl, combine mayonnaise, sweet chili sauce and sriracha and serve on the side for dipping.
7. TO BAKE IN OVEN: Preheat the oven to 400 degrees F. Spray a sheet pan with oil.
8. Transfer the egg rolls to the baking sheet and cook until browned and crisp, about 16 to 18 minutes, turning halfway.

***[www.skinnytaste.com/avocado-egg-rolls/#recipe](http://www.skinnytaste.com/avocado-egg-rolls/#recipe)***