



## Pizza Egg Rolls



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1/4th of recipe (1 egg roll with about 2 tbsp. sauce):  
137 calories, 3g total fat (1.5g sat. fat), 413mg sodium,  
18.5g carbs, 1.5g fiber, 2.5g sugars, 9.5g protein

More: [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

### Ingredients

3 sticks light string cheese (or *HG Alternative*)  
3/4 cup finely chopped mushrooms  
1/2 cup finely chopped bell pepper  
1/4 cup finely chopped onion  
10 slices turkey pepperoni, finely chopped (Hormel's is the best!)  
4 large square egg roll wrappers (stocked with the refrigerated Asian items in the supermarket)  
1/2 cup canned crushed tomatoes  
1/2 tsp. garlic powder  
1/4 tsp. Italian seasoning

### Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Break each string cheese stick into thirds and place in a blender or food processor -- blend at high speed until shredded. (Or pull into shreds and roughly chop.) Place shredded cheese into a medium bowl.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add mushrooms, bell pepper, and onion. Cook and stir until softened and lightly browned, about 5 minutes.

Transfer cooked veggies to the medium bowl. Add pepperoni, and mix well.

Lay an egg roll wrapper flat on a dry surface. Evenly distribute 1/4th of the mixture (about 3 1/2 tbsp.) in a row a little below the center of the wrapper.

Moisten all four edges of the wrapper by dabbing your fingers in water and going over the edges smoothly. Fold the sides about 1 inch toward the middle, to keep the mixture from falling out. Roll up wrapper around the mixture and continue to the top. Seal with a dab of water.

Place egg roll on the baking sheet, seam side down, and repeat with remaining wrappers and mixture.

Spray egg rolls with nonstick spray. Bake until golden brown, 20 - 25 minutes.

In a medium microwave-safe bowl, combine tomatoes, garlic powder, and Italian seasoning. Mix well. Microwave until hot, about 30 seconds.

Serve egg rolls with seasoned tomatoes for dipping!

MAKES 4 SERVINGS

**HG Alternative:** While string cheese shredded in a blender is best for this recipe, you can use 1/2 cup pre-shredded part-skim mozzarella cheese instead -- just give it a rough chop!

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