

Ingredients for the SuperRolls:

1½ cups chopped grilled chicken
2 pieces grilled Canadian bacon (or regular
bacon if you're going for it!)
¾ cup drained black beans
½ cup corn kernels
1/3 cup chopped red pepper (fire roasted)
1 tbsp chopped jalapeno (fire roasted)
2 chopped green onions
¾ cup shredded monterey & cheddar cheese
½ tsp garlic powder
2 tbs bbq sauce
6-7 burrito sized flour tortillas

**Directions:**

1. For the SuperRolls: In a bowl, combine chopped chicken, Canadian bacon, red peppers, green onions and jalapenos. Stir in black beans and corn. Add garlic powder and bbq sauce. Stir in shredded cheese.
2. Cut a flour tortilla in half. Spoon mixture into center of tortilla. Fold over sides and roll up.
3. Spray rolls with canola oil and bake in preheated 425 (F) oven for 10-15 minutes or until crisp and golden.

Makes 12-14 rolls. Easily doubles for larger parties.

Cut rolls in half before serving for easier bites to eat or leave the rolls whole to ensure maximum heat retention.

SuperDip follows on Page 2.

Ingredients for the SuperDip:

1 mashed avocado
¾ cup light ranch dressing
1 tbs chopped cilantro
1 tbs chopped tomato
1 tbs chopped onion
1 tsp chopped jalepeno (fire roasted)
few cracks black pepper



Directions:

4. Chop cilantro, onion and tomato.
5. Combine mashed avocado and light ranch dressing.
6. Stir in cilantro, onion and tomato.

Makes 1 1/2 cups dip so there is plenty to go around!

Serve SuperRolls with SuperDip and have a SUPER time!