



## Blackened Shrimp Wonton Cups



1/6th of recipe (2 wonton cups): 90 calories, 1.5g total fat (0.5g sat fat), 264mg sodium, 9.5g carbs, 1g fiber, 1g sugars, 8.5g protein

**SmartPoints®** value 2\*

**Prep:** 15 minutes    **Cook:** 15 minutes



### Ingredients

#### Cups

12 small square wonton wrappers (refrigerated and stocked with the tofu)  
12 raw large shrimp (about 6 oz. total), peeled, tails removed, deveined  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
1/8 tsp. ground cumin  
1/8 tsp. chili powder  
Dash cayenne pepper  
Dash each salt and black pepper  
1 1/2 cups finely chopped lettuce  
1 tbsp. finely chopped fresh cilantro

#### Sauce

2 tbsp. light sour cream  
1 oz. (about 2 tbsp.) mashed avocado  
1 1/2 tsp. finely chopped fresh cilantro  
1 tsp. lime juice  
1/8 tsp. salt  
Serving suggestion: lime wedges

### Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

Place each wonton wrapper in a cup of the muffin pan, and press it into the bottom and sides. Lightly spray with nonstick spray. Bake until lightly browned, about 8 minutes.

Meanwhile, in a small bowl, mix sauce ingredients until uniform.

In a medium bowl, coat shrimp with seasonings. Bring a grill pan (or skillet) sprayed with nonstick spray to medium-high heat. Cook and flip shrimp for about 4 minutes, until cooked through and blackened.

Evenly fill wonton cups in this order: lettuce, sauce (about 1 tsp.), shrimp, and cilantro.

**MAKES 6 SERVINGS**

**SmartPoints®** value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.