



Crunchy Wonton Strips



1/4th of recipe: 38 calories, 0g total fat (0g sat fat), 70mg sodium, 8g carbs, 0.5g fiber, 0.5g sugars, 1g protein

SmartPoints® value 1*

Prep: 5 minutes **Cook:** 5 minutes



Ingredients

8 small square wonton wrappers (stocked with the tofu in the refrigerated section of the market)

Directions

Preheat oven to 325 degrees. Spray a baking sheet with nonstick spray.

Slice wonton wrappers into thin strips, lay them on the sheet. Bake until crispy, about 5 minutes.

MAKES 4 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.