



## White Pizza Wonton Crunchers



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1/6th of recipe (2 wonton crunchers): 102 calories, 3g total fat (2g sat. fat), 278mg sodium, 11.5g carbs, 1g fiber, 2.5g sugars, 7g protein

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**Prep:** 10 minutes    **Cook:** 15 minutes



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### Ingredients

12 small square wonton wrappers (stocked with the tofu in the refrigerated section of the market)  
3/4 cup light/low-fat ricotta cheese  
1/2 cup shredded part-skim mozzarella cheese  
1/2 tsp. Italian seasoning  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
1/4 tsp. salt  
1/8 tsp. black pepper  
1 cup chopped brown mushrooms  
2 cups chopped spinach leaves  
6 cherry tomatoes, halved  
2 tbsp. chopped fresh basil

### Directions

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

Place each wonton wrapper into a cup of the muffin pan, and press it into the bottom and sides. Lightly spray with nonstick spray. Bake until lightly browned, about 6 minutes.

Meanwhile, in a small bowl, combine ricotta cheese, mozzarella cheese, and seasonings. Mix well.

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir mushrooms until mostly softened, about 3 minutes. Add spinach and cheese mixture. Cook and stir until mushrooms are soft, spinach has wilted, and cheese is hot, about 1 minute.

Evenly distribute mixture among the wonton cups. Top each cup with a tomato half, and sprinkle with basil.

### MAKES 6 SERVINGS

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