



## Wonton Cups



1/12th recipe (1 cup): 19 calories, 0g total fat (0g sat fat), 35mg sodium, 4g carbs, <0.5g fiber, <0.5g sugars, 0.5g protein

**SmartPoints®** value 1\*

**Prep:** 5 minutes    **Cook:** 10 minutes



### Ingredients

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

### 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.

MAKES 12 SERVINGS

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