



The Crab Rangoonies

PER SERVING (1/4th of recipe, 4 crab rangoonies): 140 calories, 1.25g fat, 593mg sodium, 20g carbs, 1g fiber, 2g sugars, 8.5g protein -- **PointsPlus®** value 3*

Prep: 20 minutes

Cook: 15 minutes

Ingredients:

4 oz. flaked imitation crabmeat (or high-quality crabmeat)

2 scallions, finely chopped

1/4 cup fat-free cream cheese, room temperature

2 wedges The Laughing Cow Light Creamy Swiss cheese, room temperature

1 tsp. reduced-sodium or lite soy sauce

1/2 tsp. chopped garlic

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

Optional: sweet and sour sauce, Chinese-style hot mustard

Directions:

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

To make your filling, combine all ingredients *except* wonton wrappers and optional ingredients in a bowl, breaking up the cheese wedges as you add them. Mix until uniform.

Lay one wonton wrapper flat on a clean, dry surface. Spoon a heaping 1/2 tbsp. filling into the center. Moisten all four edges by dabbing your fingers in water and going over the edges smoothly. Fold the bottom left corner to meet the top right corner, forming a triangle and enclosing the filling. Press firmly on the edges to seal.

Repeat with remaining wrappers and filling, gently placing each rangoonie flat on the baking sheet. Spray the tops with nonstick spray. Bake in the oven for about 12 minutes, carefully flipping halfway through, until golden brown.

Allow to cool slightly. If you like, dip your rangoonies in some sweet and sour sauce or hot mustard!

MAKES 4 SERVINGS



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