



Air-Fryer Cheeseburger Dumplings



Entire recipe (4 dumplings): 128 calories, 2g total fat (1g sat fat), 500mg sodium, 17.5g carbs, 2g fiber, 1.5g sugars, 9.5g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

- 1/4 cup meatless crumbles (frozen or refrigerated)
- 1 wedge The Laughing Cow Light Creamy Swiss cheese (or 1 tbsp. light/reduced-fat cream cheese)
- 1/2 dill pickle spear, chopped
- 1/2 tsp. yellow mustard
- 4 gyoza (or wonton) wrappers (stocked with the tofu in the refrigerated section of the supermarket)
- Suggested seasonings: onion salt, garlic powder, salt, black pepper

Directions

Place crumbles in a small microwave-safe bowl. Add cheese wedge, breaking it into pieces. Microwave for 45 seconds, or until crumbles are hot and cheese has melted. Mix well. Add pickle, mustard, and desired seasonings. Mix until uniform.

Top a gyoza wrapper with 1/4 (about 1 tbsp.) of the cheeseburger mixture. Moisten the edges with water, and fold in half, enclosing the filling. Press firmly on the edges to seal. Repeat to make three more dumplings. Spray with nonstick spray.

golden brown and crispy.

MAKES 1 SERVING

HG FYI: If your air fryer doesn't have a setting for 375 degrees, just set it to the nearest degree.

Oven Alternative: Bake at 375 degrees until golden brown, 10 - 12 minutes.

[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.)

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