



## 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

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



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### 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.

Add dumplings to the air fryer. Set temperature to 375 degrees. Cook for about 5 minutes, or until 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.

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