



Air-Fryer Chicken Potstickers



1/4th of recipe (4 potstickers): 152 calories, 2.5g total fat (0.5g sat fat), 323mg sodium, 20g carbs, 1g fiber, 2g sugars, 11g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

6 oz. raw lean ground chicken (at least 92% lean)
1/4 cup canned sliced water chestnuts, drained and chopped
1/4 cup chopped scallions
1 tbsp. dried minced onion
2 tsp. reduced-sodium soy sauce
1 1/2 tsp. seasoned rice vinegar
1 tsp. chopped garlic
1/2 tsp. ground ginger
16 square wonton wrappers (stocked with the tofu)
Optional dips: sweet Asian chili sauce, additional soy sauce

Directions

In a medium bowl, combine all ingredients *except* wonton wrappers. Mix well.

Lay out eight wonton wrappers on a dry surface. Top with half of the chicken mixture, about 1 tbsp. per wrapper. Moisten wrapper edges with water, and fold the bottom left corner of each wrapper to meet the top right corner, forming a triangle and enclosing the filling. Press firmly on the edges to seal. Repeat to make eight more potstickers. Spray with nonstick spray.

Set air fryer to 392 degrees (see HG FYI). Add potstickers in a single layer. (If they won't all fit, save the remaining for a second batch.) Cook for 5 minutes, or until chicken is cooked through and wrappers are golden brown and crispy.

MAKES 4 SERVINGS

HG FYI: Our air fryer only goes to 392 degrees. Depending on your air fryer model, you can set to 392 or 400 degrees.

Oven Alternative: Bake at 375 degrees until golden brown, about 12 minutes, carefully flipping halfway through.

[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.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.