



Air-Fryer Jalapeño Popper Pockets



1/4th of recipe (2 pockets): 88 calories, 3g total fat (2g sat fat), 243mg sodium, 12.5g carbs, 1g fiber, 2.5g sugars, 2.5g protein

Green Plan [SmartPoints](#)® value 3*

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

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

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



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

Ingredients

3/4 cup chopped onion
1/4 cup light/reduced-fat cream cheese
1/4 cup jarred jalapeño peppers, drained and roughly chopped
8 small square wonton wrappers (stocked with the tofu in the refrigerated section of the supermarket)

Seasonings: 1/4 tsp. garlic powder, 1/8 tsp. onion powder

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir onion until softened and browned, about 5 minutes.

Transfer onion to a medium bowl. Add cream cheese, jalapeño peppers, garlic powder, and onion powder. Mix until uniform.

Lay one wonton wrapper flat on a clean, dry surface. Spoon 1/8th of the filling (about 1 1/2 tbsp. filling) into the center. Moisten the wrapper edges with water. 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 to make 7 more pockets. Spray with nonstick spray.

Place a single layer of the pockets in the air fryer cooking basket. Set air fryer to 392 degrees. Cook until golden brown, 3 - 4 minutes.

Repeat with remaining pockets.

MAKES 4 SERVINGS

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.