



## Air-Fryer Pizza Sticks



1/6th of recipe (1 stick): 127 calories, 3.5g total fat (1.5g sat fat), 377mg sodium, 14g carbs, 0.5g fiber, 0.5g sugars, 10g protein

**Green Plan [SmartPoints](#)® value 3\***

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

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

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



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

### Ingredients

6 egg roll wrappers (stocked with the refrigerated Asian items in the supermarket)  
12 slices (about 3/4 oz.) turkey pepperoni  
6 sticks light string cheese  
Optional dip: marinara sauce

### Directions

Lay an egg roll wrapper flat on a dry surface. Place 2 pepperoni slices side by side, a little below the center. Top with a stick of string cheese. Moisten wrapper edges with water. Fold the sides in toward the middle, and roll up tightly around the string cheese. Seal with a dab of water. Repeat with remaining ingredients.

Spray with nonstick spray, and place in the air fryer in a single layer. (If they don't all fit, save for a second batch.)

Set air fryer to 360 degrees (or nearest degree). Cook until golden brown, 6 - 8 minutes.

MAKES 6 SERVINGS

**Oven Alternative:** Bake at 375 degrees until golden brown, about 15 minutes. (Keep an eye on them... If they cook too long, they may become "Exploding Pizza Sticks!")

[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.