



## Air-Fryer All-American Breakfast Dumplings



Entire recipe: 248 calories, 3g total fat (1.5g sat. fat), 868mg sodium, 29g carbs, 0.5g fiber, 1.5g sugars, 22g protein

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

**Cool:** 5 minutes



### Ingredients

1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute  
1 wedge The Laughing Cow Light Creamy Swiss cheese (or 1 tbsp. light/reduced-fat cream cheese)  
Dash salt  
1 tbsp. precooked real crumbled bacon  
8 gyoza or wonton wrappers (stocked with the tofu in the refrigerated section of the supermarket)

### Directions

Spray a microwave-safe mug (or bowl) with nonstick spray. Add egg whites/substitute, cheese wedge, and salt. Microwave for 1 1/2 minutes, stirring halfway through, until egg has set and cheese is melted and well mixed.

Stir in bacon. Let cool slightly, about 5 minutes.

Top a gyoza wrapper with 1/8th of the egg mixture (about 1 tbsp.). Moisten the edges with water, and fold in half, enclosing the filling. Press firmly on the edges to seal. Repeat to make seven more dumplings. Spray with nonstick spray.

Add dumplings to the air fryer in a single layer. (If they won't all fit, save the remaining for a second batch.) Set temperature to 375 degrees (or the nearest degree). Cook for 5 minutes, or until golden brown and crispy.

MAKES 1 SERVING

**Oven Alternative:** Bake at 375 degrees until golden brown, about 10 minutes.

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