



## The Crab Rangoonies



1/4th of recipe (4 crab rangoonies): 161 calories, 4g total fat (2.5g sat fat), 497mg sodium, 22.5g carbs, 1g fiber, 3g sugars, 6.5g protein

**Green Plan [SmartPoints](#)® value 5\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 5\***

**Purple Plan [SmartPoints](#)® value 5\***

**Prep:** 20 minutes    **Cook:** 15 minutes



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

### Ingredients

1/4 cup light/reduced-fat cream cheese, room temperature  
2 wedges The Laughing Cow Light Creamy Swiss cheese  
1 tsp. reduced-sodium/lite soy sauce  
4 oz. (about 2/3 cup) chopped imitation crabmeat  
1/4 cup finely chopped scallions  
1 tsp. chopped garlic  
16 square wonton wrappers  
Optional dips: sweet & sour sauce, Chinese-style hot mustard

### Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

In a medium bowl, combine cream cheese, cheese wedges, and soy sauce. Mix until smooth and uniform. Stir in crabmeat, scallions, and garlic.

Lay a wonton wrapper flat on a dry surface. Spoon about 1 tbsp. of the filling into the center. Moisten all four edges of the wrapper 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. Place on the baking sheet.

Repeat with remaining wrappers and filling. Spray with nonstick spray.

Bake for 6 minutes. Flip wontons. Bake until golden brown, about 6 more minutes.

MAKES 4 SERVINGS

**HG FYI:** A previous version of this recipe may have called for slightly different ingredients, but we've given it an upgrade! Nutritional info may vary accordingly.

**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.