



Air-Fryer White Pizza Dumplings



Entire recipe: 217 calories, 5.5g total fat (3g sat. fat), 667mg sodium, 25g carbs, 1g fiber, 3.5g sugars, 16g protein

Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

1 stick light string cheese
1 wedge The Laughing Cow Light Creamy Swiss cheese (or 1 tbsp. light/reduced-fat cream cheese)
2 tbsp. light/low-fat ricotta cheese
1 tbsp. chopped fresh basil (or 1 tsp. dried basil)
6 gyoza or wonton wrappers (stocked with the tofu in the refrigerated section of the supermarket)

Seasonings:

1/4 tsp. garlic powder
Dash salt (truffle salt, if possible, [like this kind!](#))

Directions

Break string cheese stick into thirds and place in a blender or food processor -- blend at high speed until shredded. (Or pull into shreds and finely chop.)

In a small bowl, combine cheese wedge, ricotta, basil, garlic powder, and salt. Mix well. Stir in chopped string cheese.

Top a gyoza wrapper with 1/6th of the mixture. Moisten the edges with water, and fold in half, enclosing the filling. Press firmly on the edges to seal, or seal with the prongs of a fork. Repeat to make five more dumplings.

Spray with nonstick spray, and place dumplings in the air fryer in a single layer. 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, 10 - 12 minutes.

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