



## 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

**Green Plan [SmartPoints](#)® value 6\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 6\***

**Purple Plan [SmartPoints](#)® value 6\***

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



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

### 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.

[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.