



White Pizza Wonton Crunchers



[Click here for a video demo!](#)

1/6th of recipe (2 wonton crunchers): 102 calories, 3g total fat (2g sat fat), 278mg sodium, 11.5g carbs, 1g fiber, 2.5g sugars, 7g protein

Green Plan [SmartPoints](#)® value 3*

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

Prep: 10 minutes **Cook:** 15 minutes

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

Ingredients

12 small square wonton wrappers (stocked with the tofu in the refrigerated section of the market)
3/4 cup light/low-fat ricotta cheese
1/2 cup shredded part-skim mozzarella cheese
1/2 tsp. Italian seasoning
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/4 tsp. salt
1/8 tsp. black pepper
1 cup chopped brown mushrooms
2 cups chopped spinach leaves
6 cherry tomatoes, halved
2 tbsp. chopped fresh basil

Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

Place each wonton wrapper into a cup of the muffin pan, and press it into the bottom and sides. Lightly spray with nonstick spray. Bake until lightly browned, about 6 minutes.

Meanwhile, in a small bowl, combine ricotta cheese, mozzarella cheese, and seasonings. Mix well.

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir mushrooms until mostly softened, about 3 minutes. Add spinach and cheese mixture. Cook and stir until mushrooms are soft, spinach has wilted, and cheese is hot, about 1 minute.

Evenly distribute mixture among the wonton cups. Top each cup with a tomato half, and sprinkle with basil.

MAKES 6 SERVINGS

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.