



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

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



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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.

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