



Buffalo Chicken Dumplings



1/4 of recipe (2 dumplings): 72 calories, 2g total fat (1g sat. fat), 373mg sodium, 8.5g carbs, 0.5g fiber, 0.5g sugars, 4.5g protein

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Prep: 10 minutes **Cook:** 5 minutes



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Ingredients

2 oz. canned/pouched chunk white chicken breast in water, drained and flaked
2 tbsp. whipped cream cheese
1 1/2 tbsp. Frank's RedHot Original Cayenne Pepper Sauce
1 1/2 tbsp. shredded part-skim mozzarella cheese
8 wonton wrappers
Optional dip: light ranch dressing

Directions

In a medium bowl, combine all ingredients except wonton wrappers. Mix well.

Top one wrapper with 1/8 of the filling (about 1 tbsp.). Moisten the edges with water, and fold the wrapper in half, enclosing the filling. Press firmly on the edges to seal. Repeat to make seven more dumplings.

Spray an air fryer with non-aerosol nonstick spray. Place dumplings in the air fryer, and spray with nonstick spray.

Set air fryer to 370°F. Cook until golden brown and crispy, about 4 minutes.

MAKES 4 SERVINGS

Oven Alternative: Bake at 375°F until golden brown, 10–12 minutes.

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