



## Crispy Pickle Wonton Bites



1/4 of recipe (2 wonton bites): 60 calories, 1.5g total fat (1g sat. fat), 195mg sodium, 9g carbs, 0.5g fiber, 1g sugars, 2g protein

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



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### Ingredients

3 tbsp. dill pickle chips, patted dry, finely chopped  
2 tbsp. whipped cream cheese  
2 tbsp. light/low-fat ricotta cheese  
1 tsp. chopped fresh dill  
1/8 tsp. garlic powder  
8 wonton wrappers

### Directions

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

Top one wrapper with 1/8 of the filling (about 2 tsp.). 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 wonton bites.

Spray an air fryer with non-aerosol nonstick spray. Place wonton bites 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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