Baked Crab Rangoon

Ingredients

- 2 tbsp sour cream (light
- 8 oz cream cheese reduced fat
- 1 scallion
- 1 garlic clove
- 1/4 tsp ground ginger
- 1 tsp soy sauce
- 1/2 tsps sugar
- 1/2 cup crab meat
- wonton wrappers

Instructions

Preheat oven to 415 F. Line a rimmed baking sheet with aluminum foil and spray the foil with nonstick cooking spray.

In a medium bowl, mix the sour cream, cream cheese, scallion, garlic, ginger, soy sauce and sugar together until well combined. Fold in the crab meat.

Lay a wonton wrapper on your work surface. Place about 2 teaspoons of the filling mixture in the center of the wrapper, then brush two adjacent sides of the wrapper lightly with water. Fold the wrapper over on the diagonal. Press around the filling to remove air pockets, then press the sides to seal the wrapper tightly. Transfer to the prepared baking sheet. Repeat with remaining wrappers and filling.

Spray the tops of the wonton wrappers lightly with nonstick cooking spray. Bake for about 12 minutes, or until the edges are golden brown and crisp.

Summary

Yield: 20
Source: 20-24 pieces
Prep Time: 5 minutes
Category: Appetizers
Cuisine: Chinese