

Crab Won Tons

Submitted by Cindi E.

1 can (6 oz.) white crabmeat,
drained, flaked
4 oz low fat cream cheese
1/4 cup thinly sliced green onions
1/4 cup low fat mayonnaise
12 won ton wrappers

Preheat oven to 350. Mix crabmeat, cream cheese, onions and mayo. Spray 12 medium muffin cups with cooking spray. Gently place one won ton wrapper in each cup, allowing edges of wrappers to extend above sides of cups. Fill evenly with crabmeat mixture. Bake 18 to 20 minutes or until edges are golden brown and filling is heated through. Makes 12 servings.

Nutritional information per serving: 77 calories; 5 grams protein; 4 grams fat; 6 grams carbohydrate; 180 mg. sodium.