



Air-Fryer Pepperoni Pizza Dumplings



This recipe is also featured in [the Spring 2021 issue of Hungry Girl magazine!](#)

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1/2 of recipe (4 dumplings): 153 calories, 4.5g total fat (2g sat fat), 410mg sodium, 20.5g carbs, 1.5g fiber, 3.5g sugars, 9g protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

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

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Ingredients

1/4 cup finely chopped bell pepper
1/4 cup finely chopped onion
1/4 cup shredded part-skim mozzarella cheese
8 slices turkey pepperoni, finely chopped
1/4 cup marinara sauce with 70 calories or less per 1/2-cup serving, or more for dipping
1/4 tsp. garlic powder
1/4 tsp. Italian seasoning
8 gyoza wrappers

Directions

Place veggies in a microwave-safe bowl, and microwave for 1 minute, or until softened. Thoroughly blot dry. In a small blender or food processor, blend cheese until very finely shredded; add to the bowl of veggies. Add all remaining ingredients *except* gyoza wrappers. Mix well.

Top a gyoza wrapper with 1/8th of the filling (about 1 tbsp.). Moisten the edges with water, and fold in half to enclose the filling. Press firmly on the edges to seal. Repeat to make 7 more dumplings.

Spray dumplings with nonstick spray, and add to the air fryer in a single layer. Set temperature to 375 degrees. Cook for 5 minutes, or until golden brown and crispy.

MAKES 2 SERVINGS

Oven Alternative: Place your dumplings on a baking sheet sprayed with nonstick spray, and bake at 375 degrees until golden brown, 10 - 12 minutes.

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.