



BLT Wonton Cups



1/6th of recipe (2 wonton crunchies): 93 calories, 3g total fat (1g sat. fat), 435mg sodium, 12g carbs, 1g fiber, 2g sugars, 3.5g protein

Prep: 15 minutes **Cook:** 20 minutes



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Ingredients

6 slices center-cut bacon or turkey bacon
12 small square wonton wrappers
1/4 cup fat-free mayonnaise
3 tbsp. Hellmann's/Best Foods Dijonnaise
Dash garlic powder
Dash each salt and black pepper
1 cup seeded and chopped plum tomatoes
2 cups finely chopped lettuce

Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

Place each wonton wrapper in a cup of the muffin pan, and press it into the bottom and sides. Lightly spray with nonstick spray. Bake until lightly browned, about 8 minutes.

Finely chop bacon. In a large bowl, mix mayo, Dijonnaise, garlic powder, salt, and pepper. Stir in tomatoes, lettuce, and bacon.

Once cool, transfer wonton shells to a large plate. Evenly distribute BLT mixture among the shells, about 3 tbsp. each. Enjoy!

MAKES 6 SERVINGS

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