

Crab Rangoon

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Servings: 12

1 package Nagoya Won Ton wraps

1 package (8 ounce) cream cheese

1 clove garlic, chopped

2 green onions, chopped

1 cup crabmeat

1 tablespoon soy sauce

1 tablespoon olive oil

canola oil (for frying)

DIPPING SAUCE

1/2 cup soy sauce

1 teaspoon sesame oil

In a large skillet on medium-high, heat the olive oil. Saute' the garlic and onion for 2 minutes. Let cool.

In a bowl, combine the garlic, onion, one teaspoon of soy sauce, the crab meat and cream cheese.

Take one wonton. Place one teaspoon of the crab mixture in the center of the wrapper. Fold in half. Brush the edges with water or egg wash. Press to seal. Bring the corners together and overlap. Brush with water or egg wash to seal. (Step-by-step instructions and pictures are on the inside of packaging.) Repeat with the remaining wraps.

In a wok or large skillet, heat the oil to 350 degrees. Fry four to six won tons at a time, turning once, for 1 minute or until the edges are brown. Drain on a paper towel.

Serve with dipping sauce while warm.

Per Serving (excluding unknown items): 99 Calories; 8g Fat (75.3% calories from fat); 4g Protein; 2g Carbohydrate; trace Dietary Fiber; 30mg Cholesterol; 862mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.