



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

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.

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