

CRAB RANGOON RECIPE

Ingredients

- 1 or 2 packages (8 ounces) Neufchatel cheese, softened (or cream cheese) {amount based on how "cheesy" you want them}
- 1 can (6 ounces) crab meat, drained and flaked
- 2 green onions including tops, thinly sliced
- 1 clove garlic, minced
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon lite soy sauce
- 1 package (48 count) won ton skins
- vegetable spray coating

Instructions

In medium bowl, combine all ingredients except won ton skins and spray coating; mix until well blended. (To prevent won ton skins from drying out, prepare one or two rangoon at a time.) Place 1 teaspoon filling in center of each won ton skin. Moisten edges with water; fold in half to form triangle, pressing edges to seal. Pull bottom corners down and overlap slightly; moisten one corner and press to seal. Lightly spray baking sheet with vegetable coating. Arrange rangoon on sheet and lightly spray to coat. Bake in 425 degree oven for 12 to 15 minutes, or until golden brown. Serve hot with sweet-sour sauce or mustard sauce.

Makes 48 appetizers.

NOTE: Rangoon can also be fried in oil.