



Crunchy Wonton Strips



1/4th of recipe: 38 calories, 0g total fat (0g sat. fat), 70mg sodium, 8g carbs, 0.5g fiber, 0.5g sugars, 1g protein

Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

8 small square wonton wrappers (stocked with the tofu in the refrigerated section of the market)

Directions

Preheat oven to 325 degrees. Spray a baking sheet with nonstick spray.

Slice wonton wrappers into thin strips, lay them on the sheet. Bake until crispy, about 5 minutes.

MAKES 4 SERVINGS

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