



Sassy Wonton Tacos



1/4th of recipe (2 tacos): 96 calories, 1g total fat (<0.5g sat. fat), 302mg sodium, 12.5g carbs, 0.5g fiber, 4g sugars, 8.5g protein

Prep: 10 minutes **Cook:** 10 minutes



Ingredients

8 wonton wrappers (stocked near the refrigerated tofu)
4 oz. cooked and shredded skinless chicken breast
2 tbsp. BBQ sauce with about 45 calories per 2 tbsp. serving
3/4 cup bagged coleslaw mix
2 tbsp. light sesame ginger dressing
2 tbsp. chopped fresh cilantro

Directions

Preheat oven to 400 degrees.

Spray the inside and outside of a baking pan with nonstick spray. Evenly drape wonton wrappers over the sides, forming triangle-shaped "shells." (Use two pans, if needed, to keep wontons from overlapping.)

Bake until just crispy enough to hold their shape, about 4 minutes.

In a medium bowl, coat chicken with BBQ sauce.

In a microwave-safe bowl, mix coleslaw mix, dressing, and cilantro. Microwave for 45 seconds, or until slightly softened.

Remove wonton shells, and evenly fill with BBQ chicken and coleslaw mixture. Gently lay them inside the baking pan(s).

Spray with nonstick spray. Bake until warm and crisp, about 5 minutes.

MAKES 4 SERVINGS

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