



Sassy Wonton Tacos

PER SERVING (1/4th of recipe, 2 wonton tacos): 96 calories, 1g fat, 302mg sodium, 12.5g carbs, 0.5g fiber, 3g sugars, 8.5g protein -- **PointsPlus®** value 2*

Prep: 5 minutes

Cook: 10 minutes

Ingredients:

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

1 cup dry coleslaw mix

2 tbsp. chopped fresh cilantro

2 tbsp. Newman's Own Lighten Up! Low Fat Sesame Ginger Dressing (or another low-fat sesame ginger dressing)

4 oz. cooked and shredded (or finely chopped) skinless lean chicken breast

2 tbsp. BBQ sauce with about 45 calories per 2-tbsp. serving

Directions:

Preheat oven to 400 degrees.

Spray the inside and outside walls of a deep square or rectangular baking pan with nonstick spray. Evenly drape the wonton wrappers over the pan's walls on a diagonal, making triangle-shaped "shells." (Use two pans, if needed, to keep wontons from overlapping.) Bake until just crispy enough to hold their shape, about 3 minutes.

Remove pan from the oven, but leave oven on. Carefully remove wontons and gently open to form "taco shells." Set aside.

In a microwave-safe bowl, combine coleslaw mix, cilantro, and dressing. Mix well. Cover and microwave for about 1 minute, until slightly softened. Set aside.

In another bowl, combine chicken with BBQ sauce; mix well and set aside.

Spray a baking sheet with nonstick spray. Evenly distribute the BBQ chicken among the shells, followed by the slaw, about 1 tbsp. of each per shell. Lay the filled shells gently on their sides on the baking sheet.

Spray the shells lightly with nonstick spray. Bake until warm and crunchy, about 5 minutes. Let cool slightly and then serve!

MAKES 4 SERVINGS



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