



## Thai Oh My Chicken Wonton Cups



1/12th of recipe (1 wonton cup): 57 calories, 1g total fat (<0.5g sat. fat), 118mg sodium, 6g carbs, 0.5g fiber, 1g sugars, 5g protein

**Prep:** 15 minutes    **Cook:** 10 minutes



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### Ingredients

12 small square wonton wrappers (refrigerated and stocked with the tofu)  
8 oz. raw boneless skinless chicken breast  
1/8 tsp. garlic powder  
1/8 tsp. each salt and black pepper  
1/2 cup shredded carrots, roughly chopped  
1/2 cup canned water chestnuts, drained and roughly chopped  
1/4 cup low-fat Thai peanut salad dressing or sauce (like the kind by Litehouse)  
2 tbsp. chopped scallions  
2 tsp. chopped fresh cilantro

### Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

Place each wonton wrapper in a cup of the muffin pan, and press it into the bottom and sides. Lightly spray with nonstick spray. Bake until lightly browned, about 8 minutes. Let cool.

Meanwhile, pound chicken to 1/2-inch thickness. Sprinkle with seasonings. Bring a skillet sprayed with nonstick spray to medium heat. Cook chicken for about 4 minutes per side, until cooked through.

Chop chicken, and place in a medium bowl. Add carrots, water chestnuts, and peanut dressing/sauce. Stir to mix and coat. Refrigerate until ready to serve.

Just before serving, distribute chicken mixture among cooled wonton cups, about 3 tbsp. each. Top with scallions and cilantro.

### MAKES 12 SERVINGS

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