



World's Cutest Chinese Chicken Salads



1/6th of recipe (2 wonton cups): 110 calories, 1g total fat (<0.5g sat. fat), 304mg sodium, 15g carbs, 1g fiber, 4.5g sugars, 9g protein

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



Ingredients

12 square wonton wrappers (stocked with the tofu in the refrigerated section of the supermarket)
1 1/2 cups bagged broccoli cole slaw, chopped
6 oz. cooked and chopped skinless chicken breast
1/2 cup mandarin orange segments packed in juice, drained and chopped
1/2 cup canned sliced water chestnuts, drained and chopped
1/3 cup light sesame ginger dressing (like [the kind by Newman's Own](#)), or more for topping
1/4 cup chopped scallions

Directions

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

Place each wonton wrapper into 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.

In a large bowl, mix all remaining ingredients.

Once cool, transfer wonton cups to a large plate. Evenly distribute mixture among the cups, about 3 tbsp. per cup.

MAKES 6 SERVINGS

HG Tip: If you're not eating/serving these immediately, store the baked wonton cups at room temperature in a sealed bag or container, and store the filling in a sealed container in the fridge.

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