



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

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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.

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.