



Wowowow! Wonton Soup



1/8th of recipe, about 1 cup with 2 wontons: 115 calories, 3g total fat (1g sat. fat), 541mg sodium, 12g carbs, 1.5g fiber, 1g sugars, 9.5g protein

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Prep: 10 minutes **Cook:** 20 minutes

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Ingredients

Wontons

9 oz. raw lean ground turkey

2 tsp. dried minced onion

1/2 tsp. garlic powder

1/8 tsp. black pepper

16 small square wonton wrappers (often stocked near the tofu in the fridge section of the market)

Soup

6 cups fat-free chicken broth

2 cups dry broccoli cole slaw

1/3 cup canned bamboo shoots, drained

1/2 cup canned straw mushrooms, drained and roughly chopped

1 tsp. chopped fresh ginger

1 tsp. chopped garlic

1/2 cup chopped scallions

Directions

To make the wonton filling, combine all wonton ingredients except the wrappers in a medium bowl. Mix by hand until evenly combined. Set aside (and, duh, wash your hands).

In a large pot, combine all soup ingredients except scallions. Bring to a boil on the stove. Reduce heat to low and allow soup to simmer for 10 minutes.

Lay three wonton wrappers flat on a clean, dry surface. Scoop a spoonful (about 2 tsp.) of filling into the center of each wrapper. Moisten all wrapper edges by dabbing with water. Fold the bottom left corner of each wrapper to meet the top right corner, forming a triangle and enclosing the filling. Press firmly on the edges to seal. Set aside, and repeat with remaining wrappers and filling.

Stir scallions into the simmering soup. One at a time, carefully add wontons. Make sure they're submerged, but don't stir. Simmer for 5 minutes, adjusting temperature if soup begins to boil, until wonton centers are firm. (Don't worry if the wontons fall apart a little. They'll still taste delicious!)

Carefully serve up wontons and broth. Slurp 'n chew, people!

MAKES 8 SERVINGS

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