



## AADI Recipe - Chicken Wontons

These chicken wontons are lighter than the classic pork wontons, but they remain tasty. Serve the wontons with vegetables to make it a balanced nutritious meal.

### Ingredients:

- 6 ounces chicken thigh, skinned and ground
- 1/2 cup minced fresh or canned water chestnuts
- 9 dried shiitake mushrooms
- 1/2 teaspoon salt
- 1/16 teaspoon white pepper powder
- 3/4 teaspoon low sodium soy sauce
- 1 1/2 teaspoons sesame oil
- 1 teaspoon cornstarch
- 1 egg white, beaten frothy
- 1 teaspoon scallions, minced
- 40 round wonton wrappers
- 2 cups low sodium chicken broth

| Nutrition Facts  |                             |
|--|-----------------------------|
| Serving Size: 10 nos.<br>Servings Per Recipe: 4  |                             |
| Amount Per Serving   |                             |
| <b>Calories 230</b>  | <b>Calories from Fat 40</b> |
| %Daily Value*  |                             |
| <b>Total Fat</b> 4.5g  | <b>7%</b>                   |
| Saturated Fat 1g   | <b>5%</b>                   |
| Trans Fat 0g   |                             |
| <b>Cholesterol</b> 40mg  | <b>13%</b>                  |
| <b>Sodium</b> 530mg  | <b>22%</b>                  |
| <b>Total Carbohydrate</b> 33g  | <b>11%</b>                  |
| Dietary Fiber 1g   | <b>4%</b>                   |
| Sugars 2g  |                             |
| <b>Protein</b> 16g   | <b>32%</b>                  |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                             |

### Directions:

1. Rinse the mushrooms thoroughly. Soak the mushrooms in 2 cups of hot water for 20-30 minutes. Squeeze excess water out from the mushrooms. Mince to make 1/2 cup of mushrooms. Save the mushroom broth for later.
2. In a small bowl, combine and mix the ground chicken, water chestnuts, mushrooms, salt, low sodium soy sauce, sesame oil, white pepper powder, cornstarch, egg white and scallions.
3. Place a teaspoon of the chicken filling on one side of a wonton wrapper. Fold the wrapper over to form a half moon, sealing the sides with a little water. Set aside on a cookie sheet dusted with cornstarch. Repeat until all filling has been used.
4. For each serving, bring 1/2 cup of low sodium chicken broth and 1/2 cup of mushroom broth to boil. Lower the heat; drop the wontons into the broth. Simmer for 3-4 minutes or until cooked thoroughly. Serve immediately.
5. Freeze the uncooked wontons for later use.

**Servings:** 4

**Cooking Tips:** If using canned water chestnuts, plunge into boiling water for 30 seconds then let them run under cold water before using.

