



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
- ½ cup minced fresh or canned water chestnuts
- 9 dried shiitake mushrooms
- ½ teaspoon salt
- 1/16 white pepper powder
- ¾ teaspoon low sodium soy sauce
- 1½ 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. Servings Per Recipe: 4	
Amount Per Serving	
Calories 230	Calories from Fat 40
%Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 530mg	22%
Total Carbohydrate 33g	11%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 16g	32%
*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.

