

Across The Fence Low-Cal Recipes

Baked Low-Cal Wontons

1 lb. extra-lean ground turkey
1 small onion, chopped
1 can (8 oz.) sliced water chestnuts, drained and chopped
+cup reduced sodium soy sauce

¼ cup egg substitute or 1 egg
1½ tsp. ginger
1 pkg. (12 oz.) wonton wrappers

cooking spray
Sweet
at top point. Moisten top corner with water; ~~press~~. Repeat with
on baking sheets coated with cooking spray; lightly coat with
400°F for 10 to 12 minutes or until golden brown, turning once
if desired. Nutrition Facts 1 each: 38 calories, 1g fat (0 saturated fat),
5g carbohydrate (0 sugars, 0 fiber) 0.003 Tw -10. TJ O

¼ cup boiling water
1 pkg. (0.3 oz.) sugarfree lime gelatin
2 cartons (6 oz. each) Key lime yogurt
1 carton (8 oz.) frozen fatfree whipped topping, thawed
1 reducedfat graham cracker crust (9 inches)

In a large bowl, add boiling water to gelatin; stir 2 minutes to completely dissolve. Whisk in yogurt. Fold in whipped topping. Pour into crust. Refrigerate, covered, until set, about 2 hours overnight
Nutrition Facts