



Low-Cal Recipes – January 2024

Baked Low-Cal Wontons

1 lb. extra-lean ground turkey	¼ cup egg substitute or 1 egg
1 small onion, chopped	1½ tsp. ginger
1 can (8 oz.) sliced water chestnuts, drained and chopped	1 pkg. (12 oz.) wonton wrappers
¼ cup reduced-sodium soy sauce	cooking spray
	sweet-and-sour sauce, optional

In a large skillet, cook the pork, turkey and onion over medium heat until meat is no longer pink; drain. Transfer to a large bowl. Stir in the water chestnuts, soy sauce, egg substitute and ginger. Position a wonton wrapper with one point toward you. Place 2 heaping teaspoons of filling in the center of wrapper. Fold bottom corner over filling; fold sides toward center over filling. Roll toward the remaining point. Moisten top corner with water; press to seal. Repeat with remaining wrappers and filling. Place on baking sheets coated with cooking spray; lightly coat wontons with additional cooking spray. Bake at 400°F for 10 to 12 minutes or until golden brown, turning once. Serve warm, with sweet-and-sour sauce if desired.

Nutrition Facts: 1 each: 38 calories, 1g fat (0 saturated fat), 5mg cholesterol, 103mg sodium, 5g carbohydrate. **Nutrition**

Facts: 1 piece: 194 calories, 3g fat (1g saturated fat), 2mg cholesterol, 159mg sodium, 33g carbohydrate (18g sugars, 0 fiber), 3g protein. **Diabetic Exchanges:** 2 starch, 1/2 fat.

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