

SWEET ASIAN WONTONS

Sweet Asian Wontons

Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 12 (Serving= 2 wontons)

Nutrition (per serving)

Calories: 108

Total Carbohydrate: 12

Total Fat: 1 g

Dietary Fiber: 1 g

Saturated Fat: 0 g

Protein: 11 g

Sodium: 150 mg

Ingredients

- Cooking spray
- 24 wonton wrappers
- 2 teaspoons sesame oil
- 1 pound extra-lean ground turkey breast
- ¼ cup green onion, diced
- ½ cup pineapple, cut into small pieces
- 1 Tablespoon sesame seeds (can be toasted to bring out the flavor)
- 1 Tablespoon pistachios, chopped
- 1 Tablespoon lite soy sauce
- 1 Tablespoon Splenda® Brown Sugar Blend

Directions

1. Preheat oven to 350 degrees Fahrenheit. Spray muffin tin with cooking spray. Press wonton wrappers firmly into the bottom of each cup. Spray again with cooking spray. Bake for 5-10 minutes or until completely crisp.
2. In a large skillet on medium, cook ground turkey in sesame oil until only a small amount of pink is left.
3. Add remaining ingredients and cook together until meat is fully cooked.
4. Spoon mixture into wonton cups.