

Traditional Wonton Soup

Serving Size: 1 1/3 cup soup and 5 wontons

Serves: 8

Ingredients

4 cups spinach leaves, finely chopped
1/2 pound skinless, boneless chicken thighs, finely chopped
1 teaspoon low sodium soy sauce mixed in 1 tablespoon water
3/4 teaspoon peeled ginger, finely chopped
2 gloves garlic, finely chopped
3/4 teaspoon sesame oil
3/4 teaspoon black pepper
1 large egg white, lightly beaten

40 Wonton wrappers
2 teaspoons cornstarch

1 tablespoon sesame oil
1/2 medium onion, finely chopped
2 medium carrots, finely chopped
2 stalks celery with leaves, finely chopped
8 cups low sodium vegetable broth
4 green onions, finely chopped

Directions

Combine in a large mixing bowl the first 8 ingredients.

Keep the wonton wrappers covered with a damp cloth to prevent drying. Working with one wonton wrapper at a time, spoon one teaspoon of the chicken mixture into the center of the wrapper. Moisten edges of the wrapper with water. Fold it in half diagonally and seal the edges by pressing them together. Place the wontons on a baking sheet sprinkled with cornstarch to prevent sticking. Repeat using the remaining wrappers. Refrigerate for 20 minutes.

In a large stock pot, heat the sesame oil. Add the onion, carrots and celery and sauté for 1 minute. Add the vegetable broth to the stock pot and bring to a simmer over medium heat. Add the wontons and cook about 5 minutes or until they float to the top.

Serve the soup with 5 wontons in each bowl and garnish with chopped green onion.

Exchanges per serving:

2 Lean Meats, 2 Starches, 2 Vegetables

Nutrients per serving:

Calories: 174

Calories from fat: 27

Total Fat: 3g

Cholesterol: 6mg

Sodium: 437mg

Total Carbohydrate: 30g

Dietary Fiber: 3g

Protein: 6g