

Won Tons

This recipe is a good source of vitamin A, which keeps eyes and skin healthy. This recipe is also a good source of vitamin C, which keeps gums and blood vessels healthy.

Ingredients:

- 1 cup cooked **ground chicken**
- 1 1/2 cups (1/4 head) shredded **cabbage**
- 1/2 cup (1 medium) shredded **carrot**
- 1/4 cup finely chopped **green onion**
- 1/2 teaspoon **salt**
- 1/2 teaspoon **sugar**
- 1/4 teaspoon **ground cumin**
- 1/4 teaspoon **ground ginger** or 1/2 teaspoon **fresh grated ginger**
- 1/8 teaspoon **pepper**
- Pinch of **cinnamon**
- 1/2 tablespoon **cornstarch**
- 1/2 tablespoon **toasted sesame oil**
- 24 **won ton wrappers**

Directions:

1. Combine cooked meat and chopped vegetables in a large bowl.
2. Combine spices, cornstarch, and oil in a small bowl.
3. Add spice mixture to meat and vegetables and mix well.
4. Place 1 tablespoon of mixture in the center of each won ton wrapper.
5. Brush edges with egg white or water.
6. Fold wrapper diagonally so corners line up and press edges together to seal.
7. Bring the bottom two corners together and pinch to close.
8. Steam 6-7 minutes.
9. Refrigerate leftovers within 2-3 hours.

Tips:

- Freeze prior to steaming for later use
- Use crumbled tofu in place of meat for vegetarian won tons.

Nutrition Facts	
Serving Size 3 won tons (76g)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 290mg	12%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 7g	
Vitamin A 25%	• Vitamin C 15%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: 2007. Tobi Page, OSU Extension Service, Portland. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>.