

Baked Wontons



Ingredients:

- 2 tbsp toasted Sesame oil
- 3 tbsp Shallots, finely chopped
- 2 clove Garlic finely chopped
- 2 Green Onions
- 12 oz ground Chicken meat
- 3 tbsp Peanut butter
- 4 tbsp Carrot, shredded
- 2 tsp green Curry paste
- 3 tbsp Soy sauce
- 1½ tsp Sweetener (zero cal)
- 2 tsp Lime juice
- 32 Wonton wrappers
- Bottled sweet Chili sauce

Directions:

Preheat the oven to 350 F.
Spray a baking sheet with non-stick cooking spray (such as Pam).
Heat a skillet over medium-high and add 2 tbsp of oil.
When the oil is hot, add the shallots, garlic, and green onion. Stir-fry briefly (watch the garlic) then add the chicken meat and stir-fry until the chicken changes color and is nearly cooked through.
Stir in the remaining ingredients (peanut butter, shredded carrots, green curry paste, soy sauce, sweetener, and lime juice).
Remove the skillet from the burner and allow the mixture to cool.

Fill and fold the wontons:

Set out the wonton wrappers with a small bowl filled with water.

Lay out one wonton wrapper, and place approximately 1 tbsp of the chicken mixture in the middle.

Dip your finger in the water and run it along the edges of the wonton wrapper to wet it.

Take another wonton wrapper and place it on top in a way that forms a star shape (ie. the top wrapper looks like a diamond instead of a square).

Fold the star points from the bottom wonton over the top.

Now you should have little packets.

Continue with the rest of the mixture and wontons.

To cook the wontons, lay them out on the baking sheets and spray lightly with cooking spray.

Bake for 12 to 15 minutes until golden, turning halfway through cooking.

Serve with sweet chili sauce dip.