



Thai Oh My Chicken Wonton Cups



1/12th of recipe (1 wonton cup): 57 calories, 1g total fat (<0.5g sat fat), 118mg sodium, 6g carbs, 0.5g fiber, 1g sugars, 5g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

Prep: 15 minutes **Cook:** 10 minutes



More: [Recipes for Sides, Starters & Snacks, 30 Minutes or Less, Four or More Servings](#)

Ingredients

12 small square wonton wrappers (refrigerated and stocked with the tofu)
8 oz. raw boneless skinless chicken breast
1/8 tsp. garlic powder
1/8 tsp. each salt and black pepper
1/2 cup shredded carrots, roughly chopped
1/2 cup canned water chestnuts, drained and roughly chopped
1/4 cup low-fat Thai peanut salad dressing or sauce (like the kind by Litehouse)
2 tbsp. chopped scallions
2 tsp. chopped fresh cilantro

Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

Place each wonton wrapper in a cup of the muffin pan, and press it into the bottom and sides. Lightly spray with nonstick spray. Bake until lightly browned, about 8 minutes. Let cool.

Meanwhile, pound chicken to 1/2-inch thickness. Sprinkle with seasonings. Bring a skillet sprayed with nonstick spray to medium heat. Cook chicken for about 4 minutes per side, until cooked through.

Chop chicken, and place in a medium bowl. Add carrots, water chestnuts, and peanut dressing/sauce. Stir to mix and coat. Refrigerate until ready to serve.

Just before serving, distribute chicken mixture among cooled wonton cups, about 3 tbsp. each. Top with scallions and cilantro.

MAKES 12 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.