



## Wowowow! Wonton Soup



1/8th of recipe, about 1 cup with 2 wontons: 115 calories, 3g total fat (1g sat fat), 541mg sodium, 12g carbs, 1.5g fiber, 1g sugars, 9.5g protein

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 10 minutes    **Cook:** 20 minutes



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

## Ingredients

### Wontons

9 oz. raw lean ground turkey

2 tsp. dried minced onion

1/2 tsp. garlic powder

1/8 tsp. black pepper

16 small square wonton wrappers (often stocked near the tofu in the fridge section of the market)

### Soup

6 cups fat-free chicken broth

2 cups dry broccoli cole slaw

1/3 cup canned bamboo shoots, drained

1/2 cup canned straw mushrooms, drained and roughly chopped

1 tsp. chopped fresh ginger

1 tsp. chopped garlic

1/2 cup chopped scallions

## Directions

To make the wonton filling, combine all wonton ingredients except the wrappers in a medium bowl. Mix by hand until evenly combined. Set aside (and, duh, wash your hands).

In a large pot, combine all soup ingredients except scallions. Bring to a boil on the stove. Reduce heat to low and allow soup to simmer for 10 minutes.

Lay three wonton wrappers flat on a clean, dry surface. Scoop a spoonful (about 2 tsp.) of filling into the center of each wrapper. Moisten all wrapper edges by dabbing with water. Fold the bottom left corner of each wrapper to meet the top right corner, forming a triangle and enclosing the filling. Press firmly on the edges to seal. Set aside, and repeat with remaining wrappers and filling.

Stir scallions into the simmering soup. One at a time, carefully add wontons. Make sure they're submerged, but don't stir. Simmer for 5 minutes, adjusting temperature if soup begins to boil, until wonton centers are firm. (Don't worry if the wontons fall apart a little. They'll still taste delicious!)

Carefully serve up wontons and broth. Slurp 'n chew, people!

**MAKES 8 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.

