

SPICY CHICKEN AND SPINACH WONTON CUPS

Lower Saturated Fat, Lower Sodium

Serves: 24 (Serving= 2 wonton cups)

Nutrition (per serving)

Calories: 144

Total Fat: 6 g

Saturated Fat: 3 g

Sodium: 498 mg

Total Carbohydrate: 35 g

Dietary Fiber: 2 g

Protein: 14 g



Ingredients

- 48 wonton wrappers
- Cooking spray
- 2 pounds 95% lean ground chicken
- 4 large jalapeno peppers, seeded and finely diced
- 1 -10 ounce package frozen, chopped spinach (thawed and liquid squeezed out)
- 1 - 14.5 ounce can no salt added diced tomatoes, drained
- 2 - 8 ounce blocks 1/3 less fat/Neufchatel cheese
- 1 ½ Tablespoons Italian seasoning
- 1 ½ Tablespoons paprika
- 2 teaspoons garlic powder
- 1 teaspoon salt



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Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Place wonton wrappers in muffin tin and lightly spray with cooking spray.
3. Bake for 8-10 minutes or until wonton cups are crispy and lightly browned.
4. In a large skillet over medium-high heat, cook chicken and jalapeno for 5 minutes.
5. Add remaining ingredients, stir well and cook through for another 5 minutes.
6. Spoon mixture into wonton cups.