



Baked Wontons

makes about 6

1/4 cup cole slaw mix
1/4 cup ground pork, not all lean
2 scallions, finely chopped
1/4 - 1/2 teaspoon finely chopped, peeled fresh ginger
1 teaspoon soy sauce
1/2 teaspoon toasted sesame oil
wonton wrappers

Add all ingredients in a bowl and mix well with a fork.

Preheat oven to 400 degrees.

To assemble the wontons, lay a wonton wrapper flat. Add 1 teaspoon of mixture to the center of the wrapper. Dip a finger in the water, and paint all 4 edges with wet finger. Fold the wonton in half, corner to opposite corner to make a triangle. Seal tightly all around. Make sure there are no air pockets or holes in the wonton.

Fold the longer two triangle points together and seal to make the wonton shape.

Place folded wontons on a baking sheet lined in parchment paper. Spray wontons with non-stick spray to help them crisp up when baked.

When wontons are all folded, you bake, store or freeze.

Sweet Soy Dipping Sauce

1 tablespoon sugar or apricot jam
1 tablespoon reduced-sodium soy sauce
1 tablespoon rice vinegar
1/2 tablespoon water, to reach desired consistency
1/2 teaspoon sesame oil

Add all ingredients to a bowl and stir until sugar is dissolved.