

Herb & Lime Chicken Cups

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Servings: 10

1 package Nasoya won ton wraps
1 pound cooked chicken, cut to
1/4-inch cubes
1/2 cup seeded and peeled cucumber,
diced
1/4 cup green onions, chopped
1/4 cup seeded plum tomato, diced
2 tablespoons seeded jalapeno chile,
chopped
1 tablespoon fresh cilantro, finely
chopped
1 tablespoon fresh mint, finely
chopped
1 tablespoon fresh basil, finely
chopped

DRESSING

1/4 cup peeled fresh ginger, thinly
sliced
1 1/2 tablespoons fresh lemongrass
(cut from bottom 4 inches of four
stalks with leaves removed), minced
1/4 cup fresh lime juice
2 tablespoons fish sauce (such as nam
pla or nuoc nam)
2 tablespoons rice wine vinegar
3 tablespoons sweet chile sauce
2 tablespoons olive oil

Preheat the oven to 375 degrees.

Spray a muffin pan (2-1/2-inch diameter cups) with cooking spray. Fit a won ton wrap into each cup (the edges will be ruffled). Lightly spray each wrap. Bake until golden brown, 6 to 7 minutes. Let the shells cool.

Make the dressing: Place all dressing ingredients in a blender. Puree' all of the ingredients together. Let the mixture stand at least 15 minutes or up to one hour. Strain the mixture into a small bowl, pressing on the solids to release any liquid. Discard the solids. Stir in the sweet chile sauce.

In a large bowl, combine the cucumber, green onions, plum tomato, jalapeno, cilantro, mint and basil. Add the chicken and dressing to the bowl. Toss to coat.

Add the filling to the cooled cups.

Per Serving (excluding unknown items): 106 Calories; 5g Fat (41.5% calories from fat); 14g Protein; 1g Carbohydrate; trace Dietary Fiber; 39mg Cholesterol; 36mg Sodium. Exchanges: 2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	106	Vitamin B6 (mg):	.3mg
% Calories from Fat:	41.5%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	3.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	54.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	5mcg
Saturated Fat (g):	1g	Niacin (mg):	6mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	39mg	% Refused:	n n%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	14g	Lean Meat:	2
Sodium (mg):	36mg	Vegetable:	0
Potassium (mg):	133mg	Fruit:	0
Calcium (mg):	11mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	63IU		
Vitamin A (r.e.):	9RE		

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 106 **Calories from Fat:** 44

% Daily Values*

Total Fat 5g	7%
Saturated Fat 1g	5%
Cholesterol 39mg	13%
Sodium 36mg	1%
Total Carbohydrates 1g	0%
Dietary Fiber trace	1%
Protein 14g	
Vitamin A	1%
Vitamin C	4%
Calcium	1%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.