

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Wonton Soup
Serves 6**

Ingredients

8 ounces lean ground pork or turkey
3 scallions, finely chopped
1 tablespoon finely chopped fresh ginger
½ teaspoon minced garlic
1 teaspoon soy sauce
1 teaspoon sesame oil
24 square wonton wrappers (about 3 inches by 3 inches)
8 cups reduced-sodium chicken broth
3 scallions, thinly sliced
½ teaspoon sesame oil

Directions

1. In a bowl combine pork, scallions, ginger, garlic, soy sauce, and sesame oil. Mix well.
2. To assemble wontons: Lay out a few of the wontons (keep remaining covered with plastic wrap). Fill a small bowl with a few tablespoons water, set aside. Place a heaping teaspoon of the meat mixture in the center of each wonton. Using your fingers, lightly wet the edges of the wonton. Bring 2 opposite corners together to form a triangle and firmly press the edges together to form a seal. Moisten opposite corners of the long side and press together. Assemble remaining wontons.
3. In a large pot, heat chicken broth to a boil. Add wontons one at a time; return to boil. Reduce heat and simmer until wontons float and are cooked through, about 4 to 6 minutes.
4. Stir in sesame oil and scallions. Serve.

Recipe Note: You will need a total of 6 scallions – 3 finely chopped for the filling and 3 sliced for the broth.

Nutritional Information per Serving:

Calories: 172	Carbohydrates: 20g
Total Fat: 4g	Cholesterol: 30mg
Saturated Fat: 1g	Dietary Fiber: 1g
Protein: 13g	Sodium: 313mg