

Wonton Soup

Sodium increases your risk of poor health. The homemade form of this popular soup has about half as much salt as a restaurant version. Prepare your own food at home so that you can control the amount of salt you eat!



Ingredients:

For the filling:

½ cup	Chinese cabbage, finely chopped	125 mL
1 cup	Shrimp, shell removed, chopped	250mL
2 cups	Lean ground pork	500 mL
3 sprigs	Green onion, finely chopped	3 sprigs
1 ½ Tbsp	Cornstarch	22 mL
2 tsp	Soy sauce	10 mL
1 ½ tsp	Sesame oil	7 mL
1 tsp	Oyster sauce	5 mL
1 medium	Egg white, lightly beaten	1 medium
1 lb	Wonton wrappers	454 g

For the soup:

8 cups	Low sodium chicken broth	2 L
½ tsp	Sesame oil	2 mL
3 cups	Chinese greens: cabbage, napa or bok choy, chopped	750 mL
3 sprigs	Green onion, thinly sliced	3 sprigs

Directions:

For the filling:

1. Squeeze cabbage to remove moisture.
2. In a medium bowl, mix cabbage with shrimp, pork, green onion, cornstarch, soy sauce, sesame oil and oyster sauce. Set aside.
3. Place 1 wonton wrapper on work surface with one point facing you.
4. Add one teaspoon of the filling in bottom corner. Moisten top edge with egg white, fold top corner over filling (to make a small triangle), moisten side corners of the

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triangle with egg white; bring side corners together, overlapping slightly. Pinch corners together to seal. Repeat for all wonton wrappers.

For the soup:

1. In a large pot, bring chicken broth to a boil. Add wontons and cook until filling is no longer pink (internal temperature of 160°F / 71°C).
2. Add Chinese greens, sesame oil and onion. Bring to a boil and cook for another 2 to 3 minutes.

Makes 10 servings (375 mL / 1 ½ cups / 317 g)

Nutrition Facts	
Per 1/10 of recipe (375 mL / 1 ½ cup / 317 g)	
Amount	% Daily Value
Calories 240	
Fat 6 g	9 %
Saturated 1.5 g	8 %
+ Trans 0 g	
Cholesterol 50 mg	
Sodium 430 mg	18 %
Carbohydrate 31 g	10 %
Fibre 1 g	4 %
Sugars 1 g	
Protein 17 g	
Vitamin A	15 %
Vitamin C	15 %
Calcium	6 %
Iron	20 %

Nutrient Claim	Amount per serving
Low in saturated fat	1.5 g
High in potassium	385 mg
Source of calcium	63 mg
Source of magnesium	27 mg
Very high in folate	82 mcg
High in iron	3 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	¾
Grain Products	1½
Milk and Alternatives	0
Meat and Alternatives	½

This is a Choose Sometimes recipe (Mixed Dish – Soup, broth-based) according to the Alberta Nutrition Guidelines.