

# 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  | 250 mL   |
| 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)**

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

| <b>Nutrient Claim</b> | <b>Amount per serving</b> |
|-----------------------|---------------------------|
| 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                      |

| <b>Food Group</b>     | <b>Food Guide servings per recipe serving</b> |
|-----------------------|-----------------------------------------------|
| 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.