Crispy Baked Wonton Filling

The Original Functional Workshop by Kali Knapp

Ingredients
Makes 40-50 wontons

For Wontons
- 3/4lb firm baked tofu, finely chopped
- 1 teaspoon grated fresh ginger root
- 1 1/2 tablespoons soy sauce
- 3 cups finely shredded Chinese cabbage
- 3/4 cup garlic chives, finely chopped
- 5 dried shitake mushrooms, minced
- 2 tablespoons soy sauce
- 40—50 wonton wrappers

Directions
1. In a large bowl, combine all ingredients, except wrappers, stirring until well mixed.
2. Place a teaspoon of filling onto each wonton wrapper. Using your finger, dipped in water, dampen the edges of the wonton and then fold the wonton over into a triangle.
3. Press edges to seal in filling. Brush or spray the wontons with olive and bake in a preheated 400 degree oven for 10-12 minutes, or until heated through and lightly browned.

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on October 19, 2012