

The Pampered Chef®



Baked Potstickers with  
Sweet Asian Dipping Sauce





# Baked Potstickers with Sweet Asian Dipping Sauce

## Potstickers

- 1 can (10 ounces) chunk white chicken, drained and flaked
- 1 can (8 ounces) water chestnuts, drained and finely chopped
- ½ cup thinly sliced green onions with tops
- ¼ cup grated carrot
- 1 teaspoon peeled and finely grated fresh gingerroot
- 1 tablespoon reduced-sodium soy sauce
- 1 egg white, lightly beaten
- ¼ cup mayonnaise
- 1 garlic clove, pressed
- 24 square wonton wrappers

## Pantry Basil Oil

## Dipping Sauce

- ½ cup red jalapeño jelly
- ¼ cup rice vinegar
- 2 tablespoons reduced-sodium soy sauce

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Recipe Collection Fall/Winter '05.



1. Preheat oven to 425°F. For potstickers, in large bowl, combine chicken, water chestnuts, green onions, carrot, gingerroot, soy sauce, egg white, mayonnaise and garlic pressed with **Garlic Press**; mix well.
2. To assemble potstickers, place 12 wonton wrappers onto smooth surface. Lightly brush edges of each wonton with water. Using **Small Scoop**, place a mounded scoop of filling onto center of each wonton. For each potsticker, fold one point over filling and overlap with the opposite point. Repeat with remaining two points, folding envelope style. Place potstickers on **Large Round Stone**; lightly spray with oil using **Kitchen Spritzer**. Repeat with remaining wontons. Bake 12-15 minutes or until edges of potstickers are golden brown; remove from oven.
3. For dipping sauce, place jelly in small bowl. Microwave on HIGH 30-40 seconds or until warm; add vinegar and soy sauce. Whisk until well blended. Transfer potstickers to serving platter; serve with dipping sauce.

Yield: 24 potstickers

**Light** Nutrients per serving (2 potstickers and 1 tablespoon sauce): Calories 140, Total Fat 4 g, Saturated Fat .5 g, Cholesterol 10 mg, Carbohydrate 19 g, Protein 5 g, Sodium 360 mg, Fiber 1 g

Your Kitchen Consultant

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