



Mann's Broccoli Cole Slaw[®] Club Bites

Servings

12

Calories

210

Prep Time

15 minutes

Total Time

1 hour

Skill Level

Medium

Ingredients

1 (16 ounce) bag Mann's Broccoli Cole Slaw[®]

1 chicken breast, baked, seasoned with garlic and paprika

5 slices thick-cut ham

1 (12 ounce) package Wonton wrappers

1 (6 ounce) package 3-cheese blend shredded cheese

For Sauce

1 cup plain Greek yogurt

1 tablespoon honey

½ teaspoon cayenne pepper

Juice from ½ lemon

1 garlic clove, finely chopped or pressed

½ tablespoon horseradish, prepared

2 tablespoons apple cider vinegar

Kosher salt, to taste

Ground black pepper, to taste



The Method

Combine all sauce ingredients into a mixing bowl and stir until combined. Remove a ¼ of cup of sauce from the bowl and set aside. Add 1 cup of Mann's Broccoli Cole Slaw[®] to bowl, and toss so that sauce evenly covers Mann's Broccoli Cole Slaw[®]. Cover both the bowl and the ¼ cup of remaining sauce with plastic wrap and refrigerate.



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Preheat oven to 400°F. Grab a 12-cup muffin pan and spray each cup liberally with cooking spray.

Carefully push two wonton wrappers into each muffin cup making sure they are pressed into the sides of the muffin tin and so that the top wonton wrapper doesn't overlap the bottom one.

Chop chicken breast and ham into ½-inch pieces. Fill each cup with 3-5 pieces of both chicken and ham or about half full. Top with a sprinkle of cheese, then the remaining 1 cup of Mann's Broccoli Cole Slaw[®]. It is OK if the cups are overflowing as the Mann's Broccoli Cole Slaw[®] will bake down. Top with more cheese, then bake for 15-18 minutes or until bottoms of each wonton cup are golden brown and crispy. Remove from oven and let cool 3-5 minutes.

Place each wonton cup on a plate or serving platter. Remove chilled Mann's Broccoli Cole Slaw[®] and remaining sauce from fridge. Add a splash of the remaining sauce right on top of the baked wonton cup. Top with a spoonful of the chilled Mann's Broccoli Cole Slaw[®]. (It may be helpful to use scissors to chop up the Mann's Broccoli Cole Slaw[®] into smaller pieces so it fits better in the cup). Serve immediately.

Makes 12 won ton cups.

Nutrition Facts

Serving Size 133g | Servings: 12

Amount Per Serving

Calories 210 | Total Fat 8g (sat 4g trans 0g) | Cholesterol 30mg | Sodium 660mg | Total Carbohydrate 22g | Dietary Fiber 2g |
Sugars 2g (Includes 1g Added Sugars) | Protein 13g | Vitamin D 0% | Calcium 10% | Iron 6% | Potassium 4%