

Steak and Ginger Won Tons

Trilby Wiedman

Silverdale Chamber Of Commerce Favorite Recipes - 1991

*1 package won ton
wrappers
1 1/2 pounds lean steak
(sirloin)
1 bunch green onions,
sliced
3 tablespoons ginger
3 cloves garlic, grated
2 tablespoons soy sauce
1/2 teaspoon MSG*

Fry the steak until browned. Chop fine.

In a bowl, mix the steak, green onions, ginger, garlic, soy sauce and msg.

Fill the wrappers and deep fry.

Serve hot with mustard and ketchup.

Per Serving (excluding unknown items): 94 Calories; 1g Fat (9.3% calories from fat); 4g Protein; 19g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2367mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fat.