



Brussels Sprout and Kohlrabi Asian Salad Wonton Cups

4 Servings • 1 Serving = 3 Wonton Cups

INGREDIENTS

- Non-stick cooking spray, as needed
- 24 Wonton wrappers
- ¼ cup white sesame seeds, toasted
- 1 teaspoon lemon zest, finely grated
- ¼ cup lemon juice
- 1 Tablespoon rice wine vinegar
- 1 clove garlic, minced
- 1 teaspoon honey
- ¼ cup extra virgin olive oil
- Salt and freshly ground black pepper, to taste
- 2 cups brussels sprouts, shredded
- 1 green apple, sliced into matchsticks
- 2 kohlrabi, stems removed, sliced into matchsticks
- ¼ cup pomegranate seeds
- ¼ cup cashews, toasted and chopped roughly
- ¼ cup scallions, chopped
- ¼ cup mint, chopped
- ¼ cup cilantro

DIRECTIONS

1. Preheat your oven to 350°F.
2. Spray a 12-cup muffin tin with cooking spray and place 2 wonton wrappers inside each muffin cup, making sure to offset the corners to create a “flower” pattern. Push the wrappers down into the muffin cups. Bake for 10-13 minutes or until the cups are crispy and slightly browned. Let them cool in the muffin tin until they reach room temperature and then remove them to a wire rack or serving platter.
3. In blender add the sesame seeds, zest, juice, vinegar, garlic, and honey. Puree until a chunky paste form, about 1 minute. With the machine on, gradually add the oil and puree until nearly smooth, 1 to 2 minutes. Scrape the vinaigrette into a large bowl and season with salt and pepper.
4. Add the brussels sprouts, green apple, kohlrabi, pomegranate seeds, cashews, scallion, mint, and cilantro to the bowl with the dressing. Toss well to evenly coat the salad. Season with salt and pepper and toss again.
5. To serve, spoon the cabbage salad into the cooled wonton cups.

Nutrition Facts

4 servings per container	
Serving size	3 wonton cups
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 380mg	16%
Total Carbohydrate 44g	16%
Dietary Fiber 5g	18%
Total Sugars 11g	
Includes 1g Added Sugars	2%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 3mg	15%
Potassium 423mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Botanical Garden

chefs.org

@CHEFSanAntonio



SAN ANTONIO
BOTANICAL GARDEN