

# Chicken Taco Wonton “Cupcakes”

*All the flavors of your favorite tacos are packed into perfectly portioned cupcake form. Perfect for meal prep!*

## **INGREDIENTS**

- 1 lb ground chicken
- 24 wonton wrappers
- 4T taco seasoning
- 1 cup black beans (drained and rinsed)
- 1 cup salsa
- 12 teaspoon salsa con queso
- 4 oz reduced fat mexican cheese



## **Instructions**

1. Preheat an oven to 375 degrees. Spray a muffin tin with nonstick spray and place 1 wonton wrapper in each container (12 total). Set aside
2. In a large skillet, heat the pan to medium heat. Add in the ground chicken and brown.
3. Once browned turn off the heat and mix in the taco seasoning, salsa, and black beans.
4. Place 1 teaspoon of the salsa con queso in each of the wonton wrappers, then add a layer of chicken bean mixture (use only half of the mixture). Sprinkle about half of the cheese on each of the tacos. Add 1 more wonton wrapper to each, followed by the remaining taco mixture and then the remainder of cheese.
5. Bake the taco wontons for 18-20 minutes, or until the edges are golden brown. Let cool for 3-5 minutes before serving. Let cool completely before storing in an airtight container.

Serving Size 1 "Cupcake"    Number of Servings 12

Calories 183 - Total Fat 7 grams - Carbohydrates 16 grams - Protein 15 grams