**Crispy Southwest Chicken Wontons**

2 Tablespoons canola or vegetable oil  
½ Cup finely diced white onions  
½ Cup finely diced red bell pepper  
2 large cloves fresh garlic, minced  
1 12 oz can chunk chicken, drained (from Costco)  
¼ Cup packed fresh cilantro leaves, finely chopped  
¼ Cup Verde Salsa (I use Herdez brand)  
2 Tablespoons prepared ranch dressing

½ package wonton wrappers (I used the brand [Nasoya](http://images.google.com/imgres?imgurl=http://www.nasoya.com/nasoya/images/NasoyaHeaderLogo.gif&imgrefurl=http://www.nasoya.com/nasoya/pasta_eggroll.html&h=119&w=118&sz=3&hl=en&start=6&tbnid=VR-Y4sT8YgRqBM:&tbnh=88&tbnw=87&prev=/images%3Fq%3DNasoya%2Bwonton%2B%26gbv%3D2%26svnum%3D10%26hl%3Den%26sa%3DG" \t "_blank), found in produce section of grocery store)  
1 egg white whisked with 2 Tablespoons water

1. Heat oil into a large skillet over medium heat. Sauté onions and bell pepper for 5 minutes or until softened. Stir in garlic for 1 minute and remove from heat.

2. In large bowl add onion mixture, chicken, cilantro, salsa, ranch, salt and pepper. Mix until well combined.

3. Place 1 Tablespoon chicken mixture in center of wonton wrapper. Brush bottom edge with egg white wash, fold over filling and press edges together firmly, forming a triangle shape.

4. 2 options of cooking. 1st is place about 1 inch of canola or vegetable oil in a medium skillet over medium high heat. When hot, place 4 wontons at a time into oil. Cook 1-2 minutes per side or until golden brown. 2nd option is place wontons on a baking sheet; bake at 375 degrees F for 15-20 minutes or until crispy, flipping once half way through cooking.

5. Serve with Ranch dressing or salsa if desired.