

VEGGIE DUMPLINGS



INGREDIENTS:

- 1 + 2 tbsp all purpose flour
- 1/3 cup water

Veggie Filling

- 1/2 tbsp minced garlic
- 1 tsp grated ginger
- 2 scallions stalks
- 1 cup shredded cabbage mix
- 1 carrot (shredded)
- 2 tbsp soy sauce
- 1 tbsp rice vinegar
- 2 tsp sesame oil

DIRECTIONS:

1. Heat water, should be hot but not boiling (~ 110 F)
2. Once water is ~ 110 F add it to a small bowl with the flour. Mix until combined, work with your hands to form the dough
3. Roll the dough to ~ 1/2 inch thick. Use a small mold (~ 2 inches in diameter) to cut into circles. Roll the molded circles to ~ 1/4 inch thick. Set aside (Makes 10-12 dumpling wrappers)
4. Filling: Chop the white part of the scallions (you may reserve the green part to use as garnish). Heat the sesame oil in a medium pan, once hot add scallions, garlic, and ginger. Cook for ~ 3 minutes
5. Add shredded cabbage mix, shredded carrots, soy sauce, and rice vinegar. Cook until veggies soften
6. Use ~ 2 tbsp of the filling for each dumpling. Moisten the ends on the dumplings with water to help them seal
7. Lightly oil a pan and heat on medium heat. Add the dumplings, cook for ~ 2-3 minutes (the bottoms will brown)
8. Add ~ 1/2 cup of water to the pan and cover
9. Steam dumplings until water has evaporated (~ 3 minutes). Enjoy!

Makes 5 serving | 1 Serving = 2 Dumplings
Calories: 328 | Protein: 4 g | Carb: 24 g | Fat: 1 g | Fiber: 2 g