

Potstickers

Yield: 30 Dumplings

Ingredients:

- 2 medium carrots, peeled and cut into thirds
- 4 oz mushrooms (king oyster or shiitake will work well – 4oz is about 4 whole shiitake mushrooms)
- ¼ head cabbage, roughly chopped
- ½ tsp extra-virgin olive oil, plus more for drizzling
- 3 ½ oz ground chicken or pork OR 3 ½ oz extra-firm tofu (to prepare the tofu, wrap the block of tofu with a paper towel and place it on a tray/plate. Put another tray/plate on top of the tofu and press it down with a heavy object for 30 minutes to an hour.)
- 2 tsp white miso paste
- 2 tsp rice vinegar
- 1 tsp minced ginger, can use canned or frozen
- 1 garlic clove
- ½ tsp sesame oil
- ½ tsp sriracha (optional)
- 2 tbsp scallions, sliced
- 30 store-bought dumpling wrappers
- Tamari or soy sauce, for dipping
- Sea salt and freshly ground black pepper, to taste

Directions:

1. Add the carrots, mushrooms, cabbage olive oil, tofu or meat, miso paste, rice vinegar, ginger, garlic, sesame oil, and sriracha to a food processor and pulse to combine. The carrots should be well pureed, and the mixture will be thick. Stir in the scallions.
2. Assemble the dumplings by scooping 1 heaping teaspoon of filling onto each wrapper. Using your fingers, dab the edges of the wrapper with cold water, fold in half over the filling, and while holding the top of the crescent with two fingers, use the other hand to fold pleats.
3. Lightly drizzle a steamer basket OR the bottom of a large skillet with oil. Place the dumplings in the steamer basket or skillet without touching each other and cover with the lid. Bring 1 inch of water to a simmer in the pot or skillet that the steamer can hover over. Place the steamer basket on top and steam for about 10 minutes. If using meat in the filling, make sure it is cooked to 165F. Serve with tamari or soy sauce for dipping.

Tofu Potstickers		
Nutrition Facts		
Serving Size: 1 Potsticker		
Amount Per Serving		% Daily Value*
Calories	33.1 kcal	2 %
Total Fat	0.5 g	1 %
Saturated Fat	0.1 g	0 %
Trans Fat	0 g	
Cholesterol	0.6 mg	0 %
Sodium	26 mg	1 %
Total Carbohydrate	5.9 g	2 %
Dietary Fiber	0.6 g	2 %
Sugars	0.6 g	
Protein	1.4 g	3 %
Vitamin A	2 %	Vitamin C 5 %
Calcium	2 %	Iron 3 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

