

KOREAN-STYLE VEGETABLE DUMPLINGS

INGREDIENTS:

3 oz. tofu drained and finely chopped or mashed
1 tsp. garlic powder
1 tsp. ground ginger
2 tsp. lower-sodium soy sauce
1 Tbsp. sesame seeds
½ Tbsp. sesame oil
½ cup finely chopped cabbage
¾ cup shredded carrots
8 oz. mushrooms, diced
½ cup cooked rice vermicelli
½ cup diced green onions
1 pack dumpling skins or wonton wrappers

Bring a large sauce pan of water to a gentle boil. Meanwhile, place tofu and all remaining ingredients except dumpling skins/wonton wrappers in a medium bowl. Combine until well-mixed. Place a heaping teaspoon full of the tofu mixture in the center of the dumpling skin or wonton wrapper. Dab the edges of the dumpling with water and fold edges together. Seal well with fingertips. Gently place dumplings in boiling water for 2-3 minutes. Remove from water, drain excess water. Serve with soy sauce, sweet chili sauce or other desire condiment.