

Vegetable Dumplings Recipe

Yield: 25 dumplings

Ingredients

1 cup Napa cabbage, chopped finely, tightly packed

1 egg

2 Tablespoons olive oil

1/4 cup carrot, minced

1/2 cup mushrooms, minced

3/4 teaspoon ginger, grated

1 Tablespoon green onion, chopped finely

2 3/4 teaspoon salt, divided

8 cups water

1/4 cups water

1 Tablespoon flour

25 round wonton wrappers (you can usually find them in the produce section in your local grocery store)



Instructions for Adults

Assist with supervision of safe knife skills and stovetop.

Instructions for Kids

Prepare Fillings

- Mix cabbage with 1/2 teaspoon salt and set aside.
- Slowly scramble the egg in a pan over medium heat. Transfer to a bowl and set aside.
- Add olive oil to a pan over medium heat. Add carrots, mushrooms, grated ginger, and chopped green onion with remaining 1/4 teaspoon salt. Cook until mushrooms soften, about 5-8 minutes. Drain liquid and add vegetables to the scrambled egg.
- Drain and squeeze out liquid from cabbage. Add to egg and vegetable mixture to prepare the filling.

Fold Dumplings

- Combine water and flour together in a small bowl.
- Hold a wrapper in one hand and place 1 full tablespoon of the filling in the center of it. Dab the flour and water mix along the edges of the wrapper with your finger. Bring the edges of the wrapper closer together and seal the center edges together. You can also make little folds along the edge for a fun, fancy folded dumpling.

Cook Dumplings

- Bring the water to a boil in a large pot and add 2 teaspoons of salt. With the help of an adult, add half the dumplings to the boiling water, leaving room to cook.
- When the dumplings rise to the surface, about 2 minutes, remove and enjoy with Sesame Soy Dipping Sauce!

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Sesame Soy Dipping Sauce Recipe

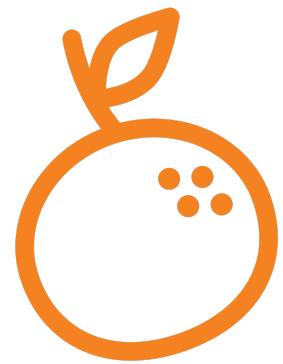
Yield: 1/2 cups

Ingredients

- 1/4 cup soy sauce
- 1/4 cup rice vinegar
- 2 Tablespoons sesame oil
- 1 teaspoon chili flakes (optional)

Instructions for Kids

Combine soy sauce, vinegar, sesame oil and chili flakes in a small bowl. Use for dipping cooked dumplings!



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