

Chinese Style Veggie Dumplings

Yields approximately 40 dumplings

Pillar of Nutrition: Lean on Protein

Ingredients

- 6 cups of **green cabbage**, such as **Napa**, finely chopped
- 1 cup of **extra firm tofu**, crumbled
- $\frac{3}{4}$ cup **green onions**, finely chopped
- $\frac{1}{2}$ tablespoon **kosher salt** (not table salt)
- $\frac{1}{2}$ teaspoon **pepper**
- 1 teaspoon fresh **ginger**, minced
- 2 tablespoons **soy sauce**
- 2 tablespoons **cooking oil (olive oil or vegetable oil)**
- 1 tablespoon **sesame oil**
- 1 package **dumpling wrappers**

Helpful Prep Tips!

- Wash your hands
- Wash and dry the **green onions**
- Drain water out of **tofu**
- Fill cooking pot halfway with water and a couple of pinches of **salt** and bring to a boil

Food for thought

- What other filling ideas do you have?
- Global cuisine - do other cultures eat dumplings?
- Family activity - everybody pitches in!
- Explore Asian's essential flavors - ginger, sesame oil and tofu

Directions

Dumpling Filling:

1. Chop the **cabbage** into small pieces and put into a large mixing bowl. You should have about 6 cups of chopped cabbage.
2. Sprinkle 2 big pinches of **salt** onto the cabbage. Using your hands, mix well. Let sit for about 10 minutes.
3. Crumble the drained **tofu** into small pieces with your hand or a spoon.
4. Chop the **green onions** and mince the **ginger**
5. Squeeze out, by hand, any remaining water from the **tofu**
6. Squeeze the extra water out of the **cabbage** using a kitchen towel or paper towels.
7. Combine the **cabbage**, **tofu** and **green onions** in a large mixing bowl.
8. Add the remaining ingredients (**salt**, **pepper**, **ginger**, **soy sauce**, **cooking oil** and **sesame oil**) and mix well.

Assemble and Cook the Dumplings

9. Open package of **dumpling wrappers**. Fill a small bowl with water.
10. Place one tablespoon of the filling in the center of the wrapper. Moisten the edge with water and fold the edge over to form a half circle shape. Pinch side to seal in filling. Make sure that the edges are pressed tight.
11. Place dumplings into the pot of boiling water and stir gently to prevent them from sticking to the bottom of the pot.
12. Cook dumplings for about 8-10 minutes or until dumplings are cooked through.
13. Turn off the heat. Remove dumplings from the pot onto plates. Serve with your favorite dipping sauce.