



Vegetable Potstickers



Ingredients



- 1/2 medium onion, diced.
- 2 tsp. ginger finely minced.
- 3 cloves garlic finely minced.
- 1 cup green cabbage , chopped.
- 1/2 cup frozen peas.
- 2 cups chopped spinach.
- 1/2 cup shredded carrots.
- 1 Tbsp. soy sauce.
- 1 tsp. of both hoisin sauce and sambal chili sauce
- 1 Tbsp. sesame oil.
- 1/2 cup chopped green onions.



Directions



1. Saute onions in the vegetable oil on medium in a skillet. Once onions start to brown, turn down to medium low and add garlic and ginger. Let the mixture cook until the ginger and garlic start to turn golden brown but not burnt.
2. Add the carrots and cabbage and let it cook down, about 3 minutes. Add the soy sauce, hoisin sauce, chili sauce, chopped spinach and frozen peas. Let cook for a couple minutes stirring occasionally.
3. Transfer to a bowl and mix in green onions and sesame oil.
4. Put spoonful of vegetable mixture on wonton wrapper, wet edges and fold until edges glue together.
5. Cook dumplings in a pan with oil, a cup of water, and let steam for 6-8 minutes. Serve and enjoy with your favorite dipping sauce.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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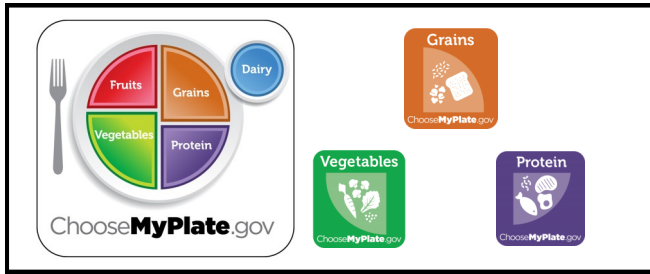
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Fast Facts



Featured Food Groups



Cooking Tips



- Feel free to use other combinations of vegetables.
- You could add tofu, ground pork, grilled minced chicken or other protein sources.
- Good dipping sauces are a key. Sweet chili sauce is a good one.

Second Harvest is an equal opportunity provider.

Nutrition Facts

20 servings per container	
Serving size	5 potstickers
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 0.8g	4%
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 2.5g	
Cholesterol 5mg	2%
Sodium 710mg	31%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 65mg	4%
Iron 1.8mg	10%
Potassium 0mg	0%
Vitamin A	60%
Vitamin C	15%

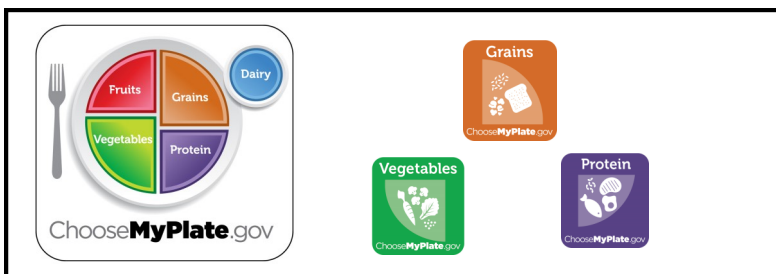
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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