

DIRECTIONS

1. In a sauté pan, add about 2 teaspoons oil, ginger and garlic. Sauté for a minute or two.
2. Add the bok choy, carrots, green onions, edamame and black pepper. Sauté a few more minutes until the mixture is soft.
3. When the mixture is soft, place in a bowl, and slightly mash. Add the sesame oil and cilantro, and stir to combine.
4. To form the dumplings, take a wonton wrapper and place about a teaspoon of vegetable mixture in its center. Dip your finger in water and brush all around the edges of the wrapper. Fold the wrapper over and tightly crimp the edges making sure they stick.
5. To cook the dumplings, heat a teaspoon or two of oil in a non-stick pan. Place dumplings in the pan and cook until the bottoms brown. When the bottoms get brown, add ¼ cup water and cover immediately to steam the dumplings.
6. While the dumplings are cooking prepare the dipping sauce by mixing all ingredients together in a small bowl or jar.
7. The dumplings will be done when the water has evaporated and the bottom gets crispy again.
8. Enjoy the dumplings with the dipping sauce!

DUMPLING INGREDIENTS

- 1 teaspoon minced ginger
- 1 teaspoon minced garlic
- ¼ cup shredded bok choy or cabbage
- ¼ cup shredded carrots
- ¼ cup chopped green onions

- 1 cup edamame (or ¼ block tofu, cubed)
- ¼ teaspoon black pepper
- ½ teaspoon sesame oil
- 1 tablespoon chopped cilantro
- 16-18 wonton wrappers
- Canola/vegetable oil

DIPPING SAUCE

- 1 tablespoon rice vinegar
 - 1 tablespoon soy sauce
 - 2 teaspoons sugar
 - 1 teaspoon ground ginger
- Mix all ingredients to combine.



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