



Vegetable Dumplings (makes 45 dumplings)

Ingredients

1½ cups shiitake mushrooms -
stems removed and diced

1/2 cup cabbage - *shredded*

1 cup onion - *finely chopped*

1 cup shredded carrots

1 cup Chinese chives - *finely chopped*

1 pack (45) dumpling wrappers

4 Tbsps soy sauce

1 tsp sesame oil

1 Tbsp rice wine

1 tsp black pepper

1 tsp salt

1 tsp sugar

1 tsp cornstarch

1/8 tsp ginger powder

1 Tbsp avocado oil - *for baking*

Preparation

- In a large skillet, heat avocado oil on medium heat. Saute onions until translucent.
- Add remaining vegetables and saute for 2-3 minutes.
- Add soy sauce, sesame oil, rice wine and blend.
- Season with ginger powder, pepper, salt, sugar and mix well.
- Add in the cornstarch and combine, to thicken filling.
- Cook for an additional 2 minutes.
- Remove from heat and let mixture cool.
- Fill dumpling wrappers with ½ tablespoon of vegetable filling. Lightly dab water on the edges of the wrapper. Fold the wrapper over to form a triangle. Press the moistened edges to seal with your fingers.
- Preheat oven to 375 degrees. Position the rack in the middle of the oven.
- Line baking sheet with a silicone mat, and place the filled dumplings on it. Do Not Overcrowd baking sheet
- Brush each dumpling with avocado oil.
- Bake for 10-15 minutes or until golden.
- Serve with red vinegar, or dipping sauce of your choice.

**Note: Freeze any remaining dumplings in a container. Give each dumpling space to allow it to freeze without sticking to one another.*