

# Vegetable Potstickers with Toasted Sesame Honey Soy Sauce

## Ingredients:

- 2 tablespoons sesame oil
- 1 ounce fresh ginger, grated
- 8 ounces shiitake mushrooms, chopped
- 1 cup cabbage, shredded
- 1 cup carrots, shredded
- 4 tablespoons low sodium soy sauce or tamari
- 2 tablespoons chives, chopped
- 2 tablespoons toasted sesame seeds
- 36 – 40 wonton wrappers
- 1 garlic clove, minced or grated
- 1/3 cup rice vinegar
- 1/4 cup toasted sesame oil
- 1 – 2 tablespoons Gochujang (Korean chili paste) or chili sauce
- 1 tablespoon honey

## Directions

1. Heat sesame oil in a large skillet over medium high heat.
2. When the oil shimmers, add the mushrooms, cabbage, carrots, and ginger.
3. Cook, stirring occasionally until the vegetables have cooked down, about 5 minutes.
4. Add soy sauce, chives, and sesame seeds.
5. Cook another 2 – 3 minutes or until all the liquid has evaporated. Remove from the heat and let cool.
6. To assemble, spoon 1 tablespoon of filling onto each wrapper.
7. Brush water around the edge of the wrapper.
8. Fold dough over filling to create a half moon shape, pinching the edges to seal. Repeat with the remaining wrappers.
9. Heat a large skillet with the remaining sesame oil over medium-high heat.
10. When oil shimmers, add the potstickers and cook until the bottoms are light golden brown, about 2 – 3 minutes.
11. Pour 1/4 cup of water into the pan and immediately cover with a tight fitting lid.
12. Turn heat to medium and let the dumplings steam for 3 minutes. Serve immediately with sauce.
13. To make sauce, whisk together garlic, rice vinegar, toasted sesame oil, chili paste or chili sauce, soy sauce, and honey in a bowl.

## Nutrition Facts

Serving Size 1 potsticker (22g)  
Servings Per Container 40

Amount Per Serving

Calories 40      Calories from Fat 20

% Daily Value\*

Total Fat 2.5g      4%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 75mg      3%

Total Carbohydrate 5g      2%

Dietary Fiber 0g      0%

Sugars 1g

Protein 1g

Vitamin A 4%      • Vitamin C 2%

Calcium 0%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

