

Vegetable and Chicken Dumplings

Makes 10 servings (1 serving = 6 dumplings)

Ingredients:

60 thin wonton wrappers

2 pounds Chinese broccoli or 1½ pounds tender greens

Filling

½ pound skinless, boneless chicken breast, finely chopped

1 cup finely chopped bok choy leaves

½ cup finely chopped jicama or bok choy stalks

4 dried shiitake mushrooms, soaked, stems removed, and chopped

½ cup black fungus, soaked and chopped (optional)

1 teaspoon sesame seed oil

½ teaspoon salt

3 teaspoons cornstarch

1 egg white

Instruction:

1. In a large bowl, combine filling ingredients, and mix well.
2. To make each dumpling, place 1 teaspoon filling in a wonton skin, fold in half, pinch edges to seal the dumpling. Repeat with remaining filling and wonton skins.
3. In a large pot bring 10 cups of water to boil, add dumplings and cook until dumplings float to the water surface, about 7 to 8 minutes. Remove dumplings from water, set aside.
4. Cook the Chinese broccoli in the boiling water until tender but crisp, about 10 minutes, remove from water.
5. For one serving, place 6 dumplings and ½ cup of the cooked broccoli in a small bowl and serve.

Suggestions:

- Dumplings can be served in supreme stock or chicken broth and leafy green vegetable, garnish with carrots and string beans.
- Uncooked dumplings can be frozen for later use. Cook frozen dumplings in boiling water, thawing before cooking is not necessary.

Nutrition tips:

Unlike the traditional recipe, which is mostly meat filling, the combination of vegetables and chicken not only adds vitamins and fiber but also reduces the fat in this recipe.

Add bok choy or Napa cabbage to the wonton filling to provide texture, vitamins and fiber.

Nutrition information per serving:

Calories: 228

Cholesterol: 19 mg

Carbohydrates: 42 g

Total fat: 2 g

Sodium: 457 mg

Protein: 15 g

Saturated Fat: 0 g

Fiber: 3 g