

# STEAMED VEGETABLE DUMPLINGS

SERVES 8

## INGREDIENTS



1 SMALL TARO ROOT,  
PEELED AND SHREDFED



1 LARGE CARROT,  
SHREDDED



1 ONION,  
DICED



1 (16 OUNCE) PACKAGE  
DUMPLING WRAPPERS



2 SCALLION,  
SLICED



1/4 TEASPOON SALT  
& PINCH OF PEPPER



3 SPRIGS FRESH CILANTRO, CHOPPED  
OR 1/2 TEASPOON DRIED



1 EGG + 1 EGG  
YOLK



1 EGG + 1 EGG  
YOLK

3 OUNCES DRIED MUSHROOMS  
OR 1 POUND FRESH, DICED

## INSTRUCTIONS

1. Placed diced and shredded vegetables in a large bowl with 1 egg. Stir to combine.
2. Boil a pot of water with a steamer or steaming basket.
3. Scoop about 1 tablespoon of vegetable mixture onto dumpling wrapper.
4. Whisk egg yolk and use just a bit to seal the edges. Fold in half and use a fork to firmly press the edges together. Repeat until filling is gone.
5. Place dumplings into the steamer or steaming rack and cook for 10-15 minutes.



## Nutrition Facts

Servings: 8

Amount per serving

**Calories** 211

% Daily Value\*

Total Fat 1.8g

Saturated Fat 0.4g

Cholesterol 51mg

Sodium 470mg

Total Carbohydrate 38.3g

Dietary Fiber 2.6g

Total Sugars 3g

Protein 9.6g

Vitamin D 208mcg

Calcium 20mg

Iron 2mg

Potassium 325mg

1040%

2%

17%

20%

14%

9%

1040%

2%

11%

7%



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