

Featured Vegetable

CABBAGE

Rich in Fiber for digestion and Iron to carry oxygen throughout the blood.

Vegetable Gyoza (Dumplings) with Soy Ginger Sauce

Ingredients	Directions
<ul style="list-style-type: none"> • 3 tablespoons vegetable oil • 1 cup defrosted frozen sweet peas • 1 cup grated carrot • 6 cups shredded cabbage • 3 scallions, sliced • salt, to taste • 2 tablespoons soy sauce • 1 tablespoon of sesame oil • 1 package round gyoza or egg roll wrappers • 1 small pitcher or bowl of water <p>For Soy Ginger Sauce/Marinade:</p> <ul style="list-style-type: none"> • ¼ cup soy sauce • ⅓ cup of water • 2 tablespoons of rice vinegar • 2 tablespoons of brown sugar or honey • 1 tablespoon of cornstarch dissolved in 2 tablespoons of cold water • 1 teaspoon grated ginger 	<ul style="list-style-type: none"> • Wash hands, wash everything! • sauté all vegetable ingredients over medium heat for six to seven minutes. • Add soy sauce and sesame oil. Cool. Vegetables can be sauteed ahead of time. • Place 1 heaping teaspoon of vegetable saute into the center of the dumpling wrapper. • Dip a finger into cool water and dampen the rim of each wrapper. Fold in half, pressing to seal. • In a skillet, warm 1 tablespoon of oil over medium heat. Brown dumplings on one side, cooking for about 3 minutes. • quickly add ⅓ cup water and place lid on top to steam for about 1-2 minutes. • Gently remove gyoza from the pan and cook additional rounds of dumplings as needed. You may need to wipe the skillet out in between batches to prevent sticking. • For sauce: Over medium heat, combine all ingredients and warm until they have reached a simmer for 2-3 minutes. Remove from heat once the sauce has thickened.

Fun Facts!

Cabbage is available in many varieties, including red or purple, green, Napa cabbage, bok choy and Brussels sprouts!

