

Potato Dumplings

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Serving: 12

Serving size: 3 dumplings

Ingredients	Quantity	Measure
Onions, diced	1 ½	cup
Garlic, minced	6	cloves
Prepared Mashed Potatoes (made with plant-based ingredients)	6	cups
Nutritional Yeast	¾	cup
Salt	1	Tbsp.
Black Pepper	1 ½	tsp.
Wonton Wrapper (Vegan)	36	each
Water		As Needed

Preparation

1. In frying pan, dry sauté onions until soft (not brown) adding a small amount of water if needed. Add garlic and sauté until soft and aromatic, about 2 more minutes.
2. In a separate bowl, combine mashed potatoes, nutritional yeast, salt, and pepper. Add onion and garlic mixture and mix well.
3. Spoon a small amount of the potato filling into a wonton wrapper, then fold the wonton wrapper and secure the edges with small creases, using a small amount of warm water to help adhere the edges. Repeat with the remaining wontons.
4. In a non-stick frying pan over low-medium heat, add all the dumplings and cook until just the bottoms are light brown. Next, add about ½ cup of water to the pan and cover to steam the dumplings through for about 3 minutes. Once the dumplings are steamed, remove from pan, drain and serve.

Serving Information/Notes

Serve as is or topped with non-dairy butter or with a savory dipping sauce or soy sauce. For more nutritional boost, add chopped spinach or other vegetables to the filling.

Nutrition Information

 *From USDA Nutrient Database

Calories: 160 Total Fat: 1.7g Saturated Fat: 0.5g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 30.6g Fiber: 3.1g Total Sugar: 1.5g Protein: 5.4g Sodium: 285.5mg Vitamin A: 0µg Vitamin C: 6.4mg Calcium: 28mg Iron: 2.3mg Folate: 1µg