

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Asian Dumplings (Pot Stickers) with Teriyaki Dipping Sauce
Makes 24 dumplings**

Ingredients

8 ounces lean ground turkey or pork
3 scallions, finely chopped
1 tablespoon finely chopped fresh ginger
1 teaspoon minced garlic
1 teaspoon soy sauce
½ teaspoon sesame oil
24 wonton wrappers (find in fresh produce area of most grocery stores)
2 ½ tablespoons oil
Water, for steaming

Teriyaki Dipping Sauce:

3 tablespoons low-sodium soy sauce
3 tablespoons rice wine vinegar
1 teaspoon brown sugar
1 teaspoon minced ginger
1 tablespoon finely chopped scallions
1 tablespoon toasted sesame seeds
½ teaspoon sesame oil

Directions

1. In a bowl combine ground turkey, scallions, ginger, garlic, soy sauce, and sesame oil. Mix well.
2. To assemble wontons: Fill a small bowl with a few tablespoons water, set aside. Lay out a few of the wontons (keep remaining covered with plastic wrap). Place 1 teaspoon filling in the middle. Using your fingers, lightly wet the edges of the wonton with water. Bring 2 opposite corners together to form a triangle and firmly press the edges together to form a seal. Assemble remaining wontons.
3. For Dipping sauce: Whisk together all ingredients in a small bowl. Refrigerate.
4. Heat 1 tablespoon vegetable oil in a large skillet over medium-high heat. Place 8 to 10 dumplings in the pan and cook until browned, about 2 minutes per side. Pour in 1 cup of water, cover and cook until the dumplings are tender and the turkey is cooked through, about 5 minutes. Repeat for remaining dumplings. Serve with Teriyaki Dipping Sauce.

Recipe by Andrew Rodgers

Nutritional Information per 4 dumplings and sauce:

Calories: 218	Carbohydrates: 20g
Total Fat: 9g	Cholesterol: 30mg
Saturated Fat: 1g	Dietary Fiber: 1g
Protein: 11g	Sodium: 520mg