

Golden Bottom Veggie Potstickers

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-eggplant-miso-recipe>

Ingredients:

- 50 dumpling wrappers thawed if frozen
- 1 eggplant round, about 1 lb
- 1 1/4 cups green beans measured before cut
- 8 ounces crimini mushrooms
- 7 ounces firm tofu drained
- 1 tablespoon minced ginger
- 1/4 teaspoon salt see notes
- 1/2 teaspoon sugar
- 2 tablespoons light soy sauce or to taste
- 3 dashes white pepper
- 1 teaspoon miso yellow or white
- sesame oil
- 2 tablespoons cake flour or corn starch plus more for dusting
- cooking oil
- water

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 78 grams
3. Cholesterol: 10 milligrams
4. Fat: 17 grams
5. Fiber: 9 grams
6. Protein: 23 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1240 milligrams
9. Sugar: 6 grams

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