

Spring Vegetable Potstickers

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/easter-veggie-tray-recipes>

Ingredients:

- 3 1/4 cups vegetables chopped spring, such as asparagus, favas, peas, lima beans or more, I used 2 1/4 cups chopped asparagus from 12...
- 1 tablespoon neutral cooking oil such as safflower, canola or peanut
- 3/4 cup scallions thinly sliced, from about 3/4 of a bundle, about 3 ounces
- 1 tablespoon minced ginger
- 1 clove garlic peeled minced, if using garlic chives, omit
- 1 cup firm tofu chopped small, see Note up top for alternative
- 1/2 cup garlic or regular chives
- 1 teaspoon toasted sesame oil
- 1/4 teaspoon kosher salt or more to taste
- 1 tablespoon cornstarch
- 1/2 cup water
- 50 dumpling wrappers round, most packages contain 50
- 3 scallions or, remainder of bundle used for potstickers, thinly sliced, use some in sauce, some for garnish, optional
- 1/4 cup rice vinegar
- 1/4 cup soy sauce
- 1 tablespoon toasted sesame oil regular or spicy
- 2 tablespoons neutral cooking oil
- 1/2 cup water

Nutrition:

1. Calories: 1530 calories
2. Carbohydrate: 263 grams
3. Cholesterol: 35 milligrams
4. Fat: 30 grams
5. Fiber: 16 grams
6. Protein: 57 grams
7. SaturatedFat: 2 grams

8. Sodium: 3420 milligrams
 9. Sugar: 1 grams
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