

# Crispy Vegetable Tofu Dumplings

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-tofu-dumplings-recipe>

## Ingredients:

- 40 wonton wrappers square or round,, about 3.5 to 4 inches in size
- 3 tablespoons vegetable oil divided
- 1 tablespoon ginger minced
- 1/2 cup yellow onion minced
- 2 cups shiitake mushrooms or brown mushrooms, chopped, about 7 ounces
- 1 cup red cabbage finely shredded
- 1 cup carrots finely shredded, roughly chopped to smaller pieces
- 1 cup tofu diced, extra firm, 1/4 inch cubes
- 1/2 cup green onions finely sliced
- 1/4 teaspoon black pepper freshly ground
- 1 teaspoon sesame oil
- 2 tablespoons soy sauce or tamari

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 5 milligrams
4. Fat: 16 grams
5. Fiber: 5 grams
6. Protein: 15 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 940 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Crispy Vegetable Tofu Dumplings above. You can see more 17 chinese tofu dumplings recipe Cook up something special! to get more great cooking ideas.