

# Sweet Pea Pot Stickers

Yield: 42 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-sweet-pea-recipe>

## Ingredients:

- 2 cups peas frozen or freshly shelled
- 2/3 cup low fat ricotta cheese
- 1 tablespoon sesame oil
- 1 tablespoon olive oil
- 1/2 teaspoon sea salt
- 1/3 cup grated Parmesan cheese
- 1 lemon large
- 1 package gyoza wrappers wonton
- 1/4 cup regular soy sauce
- 1/4 cup cold water
- 1 tablespoon fresh lemon juice
- 2 tablespoons ginger root freshly minced or grated
- 1 teaspoon sesame oil

## Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. Sodium: 190 milligrams

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