

Chinese Dumplings (Potstickers)

Yield: 12 min
Total Time: 20 min

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

Ingredients:

- 12 wonton wrappers circular
- 1/2 carrot grated
- 3/4 cup Swiss chard baby, chopped
- 3 teaspoons green onion chopped, or two stalks
- 2 teaspoons freshly minced ginger
- 1 clove garlic chopped finely
- 1 3/4 ounces tofu pressed for 30 minutes
- 1/4 teaspoon ground black pepper
- 1 teaspoon liquid aminos or soy sauce
- 1 teaspoon sesame oil
- 1/2 teaspoon rice wine vinegar
- 1 pinch salt
- 2 teaspoons maple syrup or agave nectar
- 1 1/2 tablespoons soy sauce
- 1/2 tablespoon sesame seeds
- 1 teaspoon ground ginger
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon ground black pepper
- scallions Chopped, for garnish, optional
- sesame seeds for garnish, optional

Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 7 grams
3. Fat: 1.5 grams
4. Fiber: 1 grams
5. Protein: 2 grams

6. Sodium: 190 milligrams

7. Sugar: 1 grams

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