

Healthy Vegetables Tofu Dumplings

Preparation time: 45 minutes

Yield: 4 servings

Ingredients	Amount
Dumpling skin	20 pieces
Napa cabbage (or Chinese cabbage), finely shredded	½ cup/ 50g
Carrot, finely shredded	½ cup/ 60g
Tofu, extra firm, diced	2 blocks / ~200g
Onion, chopped	1 tablespoon/ 10g
Garlic, chopped	1 tablespoon/ 15g
Ginger, chopped	1 tablespoon/ 5g
Egg white, beaten	2
Cooking oil (e.g. sunflower oil, canola oil)	3 tablespoons
Water (as required)	½ cup / ~130ml
Sauces	
Black pepper powder	½ teaspoon
Sesame oil	1 teaspoon
Light soy sauce (HCS)	1 tablespoon

Steps:

1. Heat a large wok or skillet over medium-high heat and add 1 tablespoon of oil. Sauté ginger, onion and garlic until fragrant.
2. Add in cabbage and carrots, stir fry for 2 minutes or until tender. Then, add in tofu to gently stir fry for 1 minute.
3. Add in all sauces, stir fry for another 1 minute.
4. Remove the mixture from heat, and let it cool for 5 minutes. Next, add in egg white and mix well.
5. To wrap the dumpling, put 1 tablespoon of mixture to the middle of dumpling skin and fold in half to create a semicircle. Fold and press left to right to create 5 to 6 pleats along the edges of the dumpling. Repeat this step for all 20 dumplings.
6. Heat up the pan and add 1 tablespoon of oil. Pan fry 10 dumplings at medium high heat. Reduce to medium low heat when it turns golden brown.
7. Pour ¼ cup of water into the pan. Cover it immediately and allow dumplings to steam for about 3 minutes or until water has evaporated.
8. Repeat steps 6 to 7 for the remaining dumplings.
9. It's now ready to serve.

Healthy TIPS!

- ✓ Egg white and tofu are good source of protein. Protein rich foods can help to prevent muscle breakdown and maintain immunity.
- ✓ However, Tofu is rich in Phosphate content. Don't forget to take your phosphate binder with meal for better phosphate control.
- ✓ The condiment or sauce with "Low in Sodium" Healthier Choice Symbol (HCS) contain at least 25% less sodium compared to similar products.

Cooking TIPS!

- ✓ Drain away the excess gravy from the cooked vegetables before sauces are added, to prevent the dumplings becoming too soggy with watery mixture.

Nutrition content per serving: Energy=268kcal

Carbohydrate: 20 g	Protein: 10g	Total fat: 16 g
Sodium: 411mg	Potassium: 268mg	Phosphate: 117 mg

Recipe inspired by website: <https://www.jessicagavin.com/crispy-vegetable-tofu-dumplings/>

豆腐饺子

烹煮时间：45 分钟

份量：4 人份

材料	份量
饺子皮	20 片
大白菜，切丝	½杯/ 50 克
萝卜，切丝	½杯/ 60 克
豆干，切丁	2 大块/大约 200 克
大葱，剁碎	1 汤匙/ 10 克
蒜头，剁碎	1 汤匙/ 15 克
姜，剁碎	1 汤匙/ 6g
蛋白，打散	2 颗
食用油（如：芥花油、葵花油）	3 汤匙
水（适量）	½杯/ 大约 130 毫升
调味料	
黑胡椒粉	½茶匙
芝麻油	1 茶匙
低钠酱青	1 汤匙

烹调步骤：

1. 在锅中放入1汤匙的油，以中大火预热。爆香大葱，蒜头和姜。
2. 加入大白菜和萝卜，翻炒 2 分钟或至熟透。然后，加入豆腐轻轻翻炒 1 分钟。
3. 倒入所有调味料，翻炒 1 分钟。
4. 熄火，将馅料搁置冷却 5 分钟。然后，加入蛋白并混合均匀。
5. 接下来包饺子，将大约一汤匙份量的馅料放在水饺皮的中间，再把水饺皮对折呈半圆形，以覆盖馅料。然后，将水饺皮边缘从左到右捏出 5 到 6 个褶皱成波浪形以便将饺子封口。重复此步骤，直到完成 20 个饺子。
6. 预热 1 汤匙的油。放入 10 个饺子，以中大火煎至金黄色。然后，调至中小火。
7. 把¼杯的水倒入锅中。把锅盖盖上，蒸上3分钟或至水分蒸发。
8. 重复第6和第7个步骤，将其余的饺子煮熟即可。
9. 完成后，金黄色的饺子就可上桌啦！

健康贴士：

- ✓ 蛋白和豆腐是蛋白质的来源。摄取足够的蛋白质可帮助预防肌肉流失及维持免疫系统的健康。
- ✓ 由于豆干含有较高的磷，在享用这道料理时，切记服用您的缚磷素来控制您血液里的磷。
- ✓ 在调味料或酱料方面，建议选择带有“较健康标签-较低钠”的产品。因为它的钠含量较其它产品少了至少 25%。

烹煮贴士:

- ✓ 在翻炒馅料时, 可把锅中多余的水分倒掉, 以避免馅料的水分过多而影响水饺皮的口感。

营养含量 (一人份): 热量=268卡路里

碳水化合物: 20克	蛋白质: 10克	脂肪: 16克
钠: 411毫克	钾: 268毫克	磷: 117毫克

此食谱改编自网站: <https://www.jessicagavin.com/crispy-vegetable-tofu-dumplings/>