

## Vegetarian Wontons

Serves 6; makes about 48 wontons

### Ingredients:

- 7 oz firm tofu
- 1¼ cup frozen, chopped spinach
- 2 green onion, chopped
- 2 tablespoons shredded carrot
- 1 egg, lightly beaten
- 1½ tablespoon low-sodium soy sauce
- 1 tablespoon minced ginger
- 1 clove garlic, minced
- ½ teaspoon sesame oil
- ¼ teaspoon ground white pepper (may substitute black pepper)
- 48 wonton wrappers, thawed if frozen
- 4 tablespoons oil for pan-frying, as needed

### *Dipping sauce:*

- 2 tablespoons sunflower butter
- ¼ cup water
- 3 tablespoons low-sodium soy sauce
- 1 tbsp rice vinegar
- Small clove garlic, minced
- ¼ teaspoon sriracha chili sauce (or more, if you want it spicy)
- 1 teaspoon cilantro, chopped
- 1 teaspoon green onion, chopped

### Preparation:

1. Cut the tofu in half horizontally and lay between layers of paper towels. Place on a plate, top with another plate. The weight of the plate will help drain excess fluid from the tofu block. After 20 minutes, discard excess fluid and mash the tofu.
2. Thaw and squeeze the spinach until it is relatively dry. Wash and prepare the green onions and carrots. Add these vegetables to the tofu.
3. Lightly beat the egg with the soy sauce, ginger, garlic, sesame oil and pepper.
4. Combine the mashed tofu and vegetables with the egg and seasonings. Stir till well blended. Cover the filling with plastic wrap and set aside for 15 minutes.

5. To fill the wontons, lay a wrapper in front of you so that it forms a diamond shape. Wet two adjacent edges of the wrapper with water. Place a teaspoon of filling in the middle. Bring the top half of the wrapper over the filling, folding into a triangle. Trying to avoid air pockets, seal the edges. Repeat with remaining wrappers and filling.
6. To make the dipping sauce, place sunflower butter in a small bowl. Gradually add water, stirring until completely mixed. Add low-sodium soy sauce, rice vinegar, garlic, chili sauce, cilantro and green onion. Set aside.
7. Heat about 2 tablespoons of oil in a sauté pan over medium heat. Pan-fry the wontons in the hot oil until they are golden and crispy (about 2 minutes). Place hot fried wontons on a paper towel. Serve with dipping sauce.

**Variations:**

- Substitute blanched, drained chard or 1 cup raw bok choy for the spinach.
- Add thinly sliced shiitake mushrooms or shredded zucchini.
- Boil or steam wontons instead of pan-frying (Bring large pot of water to a boil. Cook 10 Wontons at a time in boiling water 90 seconds. Remove from pot with slotted spoon).

Recipe URL: <http://www.nal.usda.gov/ng/wonton.pdf>

For more recipes, see the Recipe Finder from SNAP-Ed Connection:  
<http://recipefinder.nal.usda.gov>