

perfectly veggie pot stickers + honey apricot dipping sauce

The Chinese have been enjoying potstickers since the Song dynasty (960 – 1280 A.D.). The history according to a charming legend, they were invented by a chef in China's Imperial Court, who accidentally burnt a batch of dumplings after leaving them on the stove for too long. The overcooked dumplings were burnt on the bottom only, and not on top. With no time to prepare a new batch, the chef served the dumplings with the burnt side on top, announcing that they were his own special creation. Fortunately for the chef, court members loved them!

grate+dice+chop

Have kids dice up **½ lb of tofu**. Grate **1 large carrot**. Chop **1 can of water chestnuts** (rinsed and drained). Finely chop **½ a head of Napa cabbage**. Mix everything together in a large bowl.

crack+measure+whisk

Crack **1 egg** into the tofu mixture. Measure and add: **1 tsp yellow mustard, 2 tsp ketchup, 2 tsp Worcestershire sauce, 1 tsp brown sugar, 1-½ tsp of kosher salt** and **½ tsp black pepper** into the bowl with the tofu. Whisk everything together and set aside.

fold+pinch

To form the dumplings, remove **1 wonton wrapper** from **1 large package of wonton wrappers**, covering the others with a clean and damp cloth. Brush 2 of the edges of the wrapper lightly with **water** – the kids can dip their fingers in water if they wish. Place **½ rounded tsp** of the tofu mixture in the center of the wrapper. Fold over, seal edges by pinching them together. Perfect for little hands! Set on a sheet pan and cover with a damp cloth. Repeat until all of the filling is gone.

cook

Heat a non-stick skillet over medium heat. Add **2 tbs vegetable oil** to the skillet when its hot. Add about 10 to 12 pot stickers at a time to the pan and cook for 2 minutes, without touching or moving them! Once the 2 minutes are up, gently add **⅓ cup chicken stock or water** to the pan, turn the heat down to low, cover, and cook for another 2 minutes. Repeat until all the wontons are cooked. Serve immediately with the dipping sauce [next step].

whisk+eat

While the grown-ups cook the pot stickers, it is time for the kids to make the Honey-Apricot Dipping Sauce! Have kids squeeze **2 limes** into a small bowl. Add **¼ cup honey, ½ cup apricot preserves, 3 tbs soy sauce, ½ tsp sesame oil** and **2 tbs rice wine vinegar**. Whisk together well. Serve with dumplings. **VERY YUMMY!**

fun food facts:

- ★ The name 'cabbage' is derived from the French term 'caboche', which means 'head'.
- ★ Cabbages are very high in vitamin K, Vitamin C and Fiber.
- ★ For more than 4,000 years cabbage has been farmed and has been a staple for humans.
- ★ Cabbage grows to its full harvestable size within three months.
- ★ The largest cabbage the world has ever seen weighed in at 123 pounds.
- ★ Do not wash cabbage before storing. Wrap cabbage in a perforated plastic bag before putting it in the refrigerator. Do not shred cabbage and store it. Use shredded cabbage immediately.
- ★ The Romans and Greeks placed great value, significance, on the healing abilities of cabbage. They thought that it could cure any kind of disease or illness.

If a rabbit were racing a cabbage, who would win? The cabbage, because it's "a head."



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