

## WONTONS



*Stuffing Ingredients (enough to stuff a package of 35 wonton wrappers):*

- 1 package wonton wrappers
- 2 C crumbled tofu
- ½ C dried, ground TVP
- ½ C chopped cabbage (minced)
- ¼ C carrots (minced)
- 4 pieces of mushrooms (minced & pre-panfried)
- 2-3 stalks green onion (minced)
- 1 tbsp chopped ginger
- ¼ C green pea
- 1 tsp each of salt & pepper
- 1 Tbsp sesame oil
- 1 Tbsp mushroom seasoning
- 1 Tbsp soy sauce or liquid aminos

*Combine all ingredients to form stuffing.*

*Sweet & Sour Dressing:*

- 1 Tbsp ketchup
- 1 Tbsp lemon juice
- 1 Tbsp sugar

*Wrapping Directions:*

1. Use your finger to wet two edges on one side of the wonton wrapper.
2. Put 1 tbsp of stuffing in the center of wrapper and wrap, pinching the corners tightly.
3. Deep fry the wrapped wontons until they are golden and crispy.