



Momos Nepalese/Tibetan Dumplings

Makes 40 Dumplings, Serving Size is 4 dumplings

INGREDIENTS

- 1 package wonton wraps
- 1 pound ground chicken or turkey
- 1 red onion
- 1/3 head of cabbage
- 4 garlic cloves
- 1/2 teaspoon fresh or powdered ginger
- 1 teaspoon cumin
- 1/2 teaspoon turmeric
- 1/4 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

DIRECTIONS

1. Finely chop onion, cabbage, garlic and ginger in a food processor.
2. Mix chicken or turkey with the chopped vegetables and spices to make the filling.
3. Moisten a wonton wrap with small amount of water.
4. Put about 1 tablespoon of the filling in the center of the wonton wrap and fold to seal.
5. Steam dumplings in a vegetable steamer for about 10 minutes, until chicken/turkey reaches 165° F.

Alternatively, dumplings can also be pan fried: In a sauté pan, brown the bottom of the dumplings in a small amount of cooking oil over medium heat. Add 1 cup of water to the sauté pan and cover, then cook until the water has evaporated.

NUTRITION:

Nutrition info for steamed preparation only.

180 calories

12 g protein

130 mg phosphorus

350 mg potassium

300 mg sodium