

Inside-Out Pork Dumplings



Makes 4 (1-1/2 cup) Servings

Ingredients:

- 1 tablespoon olive oil
- 1/4 teaspoon red pepper flakes
- 3 cloves garlic, minced
- 1 tablespoon ginger, minced
- 2 scallions, whites and greens separated, cut thinly on bias
- 8 ounces ground pork
- 1 pound baby bok choy, leaves separated and cut into 1-1/2 inch pieces if large
- 1 carrot, finely grated
- 2 tablespoons white vinegar
- 6 ounces fresh wonton wrappers, cut in half
- Kosher salt

Directions:

1. Heat oil and red pepper flakes in a skillet over medium heat.
2. Add garlic, ginger and scallion whites. Cook, stirring until scallions are tender, about 1 minute.
3. Add pork, breaking up with a spoon until cooked through, about 3 minutes.
4. Add bok choy; cover and steam until tender, about 5 minutes. Remove from heat and add carrots. Season with vinegar and salt. Set aside.
5. Meanwhile, bring a pot of water to a boil. Season with salt.
6. Add wonton wrappers one at a time. Cook until al dente, about 1 minute. Drain.
7. Add wonton wrappers to skillet and toss. Serve with scallion greens.

Nutritional Facts Per 1/1/2 cup Serving:

Calories: 318 • Fat: 16g • Sodium: 312mg •
Carbohydrates: 27.5g • Dietary Fiber: 2g •
Protein: 14g

Source: *MarthaStewart.com*