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Shrimp Dumplings

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This healthy shrimp-and-cabbage dumpling recipe makes a big batch, so you can eat some for dinner and freeze some for later. To vary the dumpling filling, try ground turkey instead of the shrimp. Look for wonton wrappers in a refrigerated case—usually near tofu. Serve with reduced-sodium soy sauce or mix up this quick dipping sauce recipe: 1/2 cup reduced-sodium soy sauce mixed with 2 tablespoons lime juice and 2 teaspoons toasted sesame oil.

48 dumplings, for 8 servings | Active Time: 1 hour 20 minutes | **Total Time:** 1 hour 20 minutes

Ingredients

- 1 3/4 pounds raw shrimp (16-20 per pound; see Tips), peeled and deveined
- 1 1/2 cups chopped napa cabbage
- 1 bunch scallions, chopped
- 4 small cloves garlic, chopped
- 1 1/2 tablespoons finely chopped fresh ginger
- 4 teaspoons toasted sesame oil
- 1 tablespoon reduced-sodium soy sauce
- 1/4 teaspoon ground white pepper
- 48 wonton wrappers (see Tips)
- Cornstarch for sprinkling
- 8 teaspoons canola oil, divided
- 2 cups warm water, divided

Preparation

1. Pulse shrimp, cabbage, scallions, garlic, ginger, sesame oil, soy sauce and pepper in a food processor until

finely chopped.

2. Set out wonton wrappers, a small bowl of water and a large baking sheet lined with parchment paper and sprinkled with cornstarch. Place 6 wrappers at a time on a clean work surface and spoon about 1 tablespoon filling into the center of each. Wet your finger and run it around the edge of a wrapper, fold two opposite corners toward the middle of the filling just until they overlap, then fold the other two corners over the top to form a square. Press to seal in the middle. Place on the prepared baking sheet, not letting them touch. If all the dumplings won't fit in one layer, place parchment paper between layers.
3. To freeze: Freeze uncooked dumplings, uncovered, on the parchment-lined baking sheet until solid, at least 8 hours. Once frozen, transfer the dumplings to an airtight container or freezer bag and return to the freezer.
4. To serve: Heat 2 teaspoons canola oil in a large nonstick skillet over medium heat. Add 12 dumplings (fresh or frozen) in a single layer, seam-side down and not touching. Add 1/2 cup warm water to the pan. Cover and cook until starting to brown on the bottom, about 8 minutes. Turn them over and cook, uncovered, until brown on the other side, about 1 minute more. Repeat with the remaining oil, water and dumplings, if desired.

Nutrition

Per serving : 281 Calories; 9 g Fat; 1 g Sat; 4 g Mono; 129 mg Cholesterol; 31 g Carbohydrates; 19 g Protein; 1 g Fiber; 492 mg Sodium; 228 mg Potassium

2 Carbohydrate Serving

Exchanges: 2 starch, 2 lean meat, 1 1/2 fat

Tips & Notes

- **Make Ahead Tip:** Prepare through Step 3; freeze for up to 3 months.
- 1. For sustainable shrimp, look for shrimp that's certified by an agency like the Marine Stewardship Council. If you can't find it, choose wild-caught shrimp from North America—it's more likely to be sustainably caught.
- 2. Look for wonton wrappers in the refrigerated case in the produce department—usually near the tofu. For this recipe, we use square wonton wrappers, which are sometimes labeled "round wrappers" even though they are not round.