

magically delicious

There's a secret to perfect potstickers, and you and your kids can discover it together. *by Marygrace Taylor*

Get ready to show your child a little kitchen magic: When you place potstickers in a lightly oiled pan—and resist the urge to stir them around—they start adhering to the pan and forming a crispy outer crust. After a few minutes, you pour in some water, get a poof of vapor—and presto!—the potstickers magically come unstuck and finish cooking in a quick steam bath.

Veggie Potstickers

Active time: 1 hour

Total time: 1 hour, 15 minutes

- ¼ pound shiitake mushrooms
- 1½ teaspoons soy sauce
- ½ teaspoon honey
- ½ teaspoon toasted sesame oil
- 1 clove garlic, minced
- 1½ teaspoons fresh grated ginger
- 1 scallion, chopped
- 1 tablespoon safflower oil, plus more for brushing the pan
- 1 medium carrot, peeled and grated
- 1½ cups shredded green cabbage
- 30 wonton wrappers, thawed if frozen

child: Twist and pull the stems off each of the mushrooms.

parent: Thinly slice the mushroom caps.

child: In a small bowl, measure the soy sauce, honey, and sesame oil. Stir with a fork to mix.

parent: Heat the safflower oil in a large skillet over medium-high heat, then sauté the garlic,

ginger, and scallions for about 30 seconds, until fragrant. Add the carrot, cabbage, and mushrooms, and sauté 5 to 7 minutes more.

parent & child: Add the soy sauce mixture to the pan, mix to combine, and set aside to cool.

parent & child: Set out a baking sheet, a small bowl of water, and the cooled filling.

parent & child: Follow the Cooking Class instructions to fill and fold the potstickers. Place each finished potsticker on the baking sheet and continue with remaining wrappers and filling.

parent: Once all the potstickers are filled, heat a large skillet to medium-high. Use a pastry brush to lightly brush the surface of the skillet with safflower oil, then place as many potstickers as will fit (flat side down) in the pan. Let the

potstickers cook for 2 minutes.

parent: Add ¼ cup of water to the pan (careful, it will get steamy!). Show your child how the water makes the potstickers come unstuck from the pan. Cover with a tight-fitting lid, and let the potstickers cook for another 2 minutes.

parent: Use a spatula to remove the potstickers from the pan. Wipe out any leftover water with a kitchen towel, then brush the pan with more oil, and repeat until all of the potstickers are cooked.

child: Serve the potstickers with soy sauce or a dipping sauce made of soy sauce, honey, rice wine vinegar, and sesame oil.

Serves 8 (30 potstickers)

Per serving: calories 160, fat 4 g, protein 5 g, carbohydrates 27 g, dietary fiber 1 g



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ingredients

Cooking class

HOW TO FOLD A POTSTICKER

Place a wonton wrapper on a work surface or cutting board. Then use a teaspoon to place a small amount of the veggie filling in the center of the wrapper. Be careful not to add too much filling, or the potstickers won't seal shut!

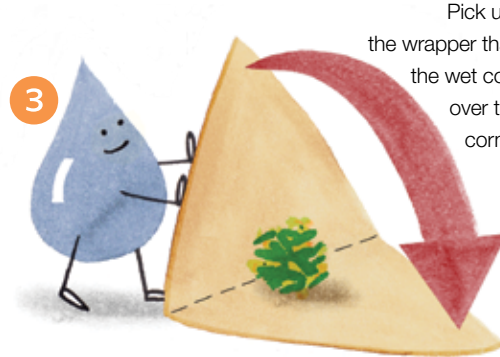


1



2

Have your child dip her finger or the tip of a pastry brush in a bowl of water, and lightly wet the top and left side of the wrapper. This will help glue shut the wrapper so the filling doesn't fall out while the potstickers cook.



3

Pick up the corner of the wrapper that's diagonal to the wet corner and fold it over to meet the wet corner and make a triangle shape.

4



Press your finger along the edges of the potsticker to make sure the two sides of the wonton are completely sealed together. Now the potsticker is ready to be cooked!

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