

Make-Ahead Pork Dumplings

This recipe makes a bunch, so ask a friend to help you assemble the dumplings; then freeze some for later.

- 1 1/2 pounds lean boneless pork loin chops, cut into chunks
- 1 (12-ounce) package 50%-less-fat ground pork sausage
- 1 1/2 teaspoons salt
- 15 water chestnuts, finely chopped
- 1 to 2 tablespoons minced fresh ginger
- 1/2 cup cornstarch
- 2 teaspoons lite soy sauce
- 1/2 cup fat-free reduced-sodium chicken broth
- 4 tablespoons sugar
- 1 teaspoon teriyaki sauce
- 1 teaspoon sesame oil
- 1/4 cup chopped fresh parsley
- 4 green onions, diced
- 2 (16-ounce) packages wonton skins
- Oyster sauce (optional)
- Thai chili sauce (optional)
- Ginger Dipping Sauce (optional)

Process pork loin in a food processor until finely chopped.

Combine pork loin, pork sausage, and next 11 ingredients.

Cut corners from wonton skins to form circles. Drop 1 teaspoon mixture onto middle of each skin. Gather up skin sides, letting dough pleat naturally. Lightly squeeze the middle while tapping the bottom on a flat surface so it will stand upright.

Arrange dumplings in a bamboo steam basket over boiling water. Cover and steam 20 to 25 minutes. Serve with sauces, if desired.

Note: To freeze, arrange dumplings on a baking sheet; freeze for 2 hours. Place in zip-top freezer bags; label and freeze for up to 3 months. To cook dumplings from frozen state, steam for 22 to 25 minutes.

Yield: 116 dumplings

CALORIES 40 (17% from fat); FAT 0.8g (satfat 0.2g, monofat 0.3g, polyfat 0.2g); PROTEIN 2.5g; CARBOHYDRATE 6g; FIBER 0.2g; CHOLESTEROL 6mg; IRON 0.4mg; SODIUM 101mg; CALCIUM 7mg;

