

BREAKFAST DUMPLINGS

2014 KIDS RECIPE CHALLENGE WINNING RECIPE: 1ST PLACE

THESE CAN BE PREPARED THE NIGHT BEFORE AND BAKED OR FRIED FOR A QUICK BREAKFAST. IF MORNINGS ARE BUSY THESE ARE EASY TO EAT ON THE GO!

PREPARATION TIME: 10 MINS

COOK TIME: 15 MINS

MAKES: 24 DUMPLINGS

SERVING SIZE: 4 DUMPLINGS

TIPS: YOU CAN PAN FRY THESE DUMPLINGS, OR BAKE. YOU CAN FREEZE UP TO ONE WEEK!

INGREDIENTS;

CANOLA OIL	1 TSP
DICED MIXED VEGETABLES	½ CUP
EGGS LIGHTLY BEATEN	4
SALT AND PEPPER	PINCH OF EACH
SHREDDED CHEDDAR CHEESE	¼ CUP
WONTON WRAPPERS	1 PKG

DIRECTIONS:

1. IN A SMALL NONSTICK SKILLET, HEAT OIL OVER MEDIUM HEAT AND COOK VEGETABLES FOR ABOUT 3 MINS OR UNTIL SOFTENED.
2. STIR IN EGGS, SALT AND PEPPER AND COOK, STIRRING GENTLY FOR ABOUT 3 MINS OR UNTIL SOFT LARGE CURDS SET. REMOVE FROM HEAT, STIR IN CHEESE, SET ASIDE.
3. PLACE A FEW WONTON WRAPPERS ON WORK SURFACE AND SPOON ABOUT 1 HEAPING TSP INTO CENTER OF EACH WRAPPER. PLACE ON PARCHMENT LIKE BAKING SHEET AND CONTINUE WITH REMAINING INGREDIENTS.
4. BRUSH THE EDGES OF THE WRAPPER WITH A BIT OF WATER AND FOLD OVER TO FORM A TRIANGLE SEAL.
5. PLACE ON PARCHMENT PAPER AND CONTINUE WITH Remaining ingredients.
6. Spray dumpling with cooking spray and bake at 400 degrees F oven for about 8 mins until golden and bubbly. Let cool slightly before eating.

Nutrition information:

Calories: 173 kcal

Protein: 9g

BREAKFAST DUMPLINGS

Fat: 6g

Carbohydrates: 20g

Fibre: 1g

Sodium: 262 mg