

# Pork & Ginger Pot Stickers

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 15 minutes

Makes: 16 pot stickers for 2-3 people

**CChints:** It's very hard to buy 6 ounces of pork, so buy 1 pound, fry it up and freeze 2/3 of the pork for a later use. You also need 3/4 cup chicken broth. If you have to open a 14 ounce can, store the remainder in an airtight container in the refrigerator for up to 2 weeks.

Ponzu sauce is a low sodium, citrus flavored soy sauce. The won ton wrappers are usually sold in large packages. Keep the package sealed tight to prevent them from drying out. Put the remaining wrappers in a sealable plastic bag and use by the expiration date. Wonton Crisps, recipe on this website it one people will enjoy.



6 ounces ground pork, cooked crumbled  
1/4 cup sweet yellow onion, diced  
1 tablespoon minced ginger, fresh or from a jar  
1 tablespoon minced garlic, fresh or from a jar  
1 carrot, peeled and shredded  
5 tablespoons green onion, diced, green parts only  
1 teaspoon Ponzu Sauce or low-sodium soy sauce  
1/2 teaspoon sesame oil  
Dash of salt and pepper  
16 square wonton wrappers  
1 egg, whipped  
1 teaspoon olive oil  
3/4 cup reduced fat chicken broth, divided

Dipping Sauce:  
2 tablespoons Ponzu or soy sauce  
1 teaspoon sesame oil  
1 tablespoon honey  
1 tablespoon rice vinegar  
1/8 cup water  
1/8 cup reduced fat peanut butter  
1/4 teaspoon sugar

Roasted Green Beans:  
1 pound fresh green beans, ends trimmed  
2 teaspoons olive oil  
1/2 teaspoon garlic salt  
1 glove minced garlic, fresh or jarred

Preheat oven to 400 degrees F. and locate a baking sheet and foil.

Line the baking pan with foil for easy clean up. Trim the end of the beans and put them in a mixing bowl. Add the oil and toss to coat the beans. Add the garlic salt and garlic. Toss and pour onto the baking sheet, spreading out the beans into one layer. Bake for 15 minutes.

While the beans are roasting, cook and crumble the pork and the onions in a large nonstick sauté pan until it is done. Drain on paper towels and remove the pan from the heat. If you are cooking 1 pound of pork and freezing 2/3's of it, cook the onions separately in the same pan for 3 minutes after the pork is removed. Add them to the cooked 6 ounces of pork.

In a mixing bowl, combine the pork through salt and pepper, blend well. Plastic wrap will keep the wonton wrappers from drying out, so unroll 20 inches of plastic wrap to wrap them up as you prepare each pot sticker. Lay out another 12 inches on your counter to use as a work surface so they don't stick.

Beat the egg and put it into a small bowl. Lay out 3 – 4 wonton wrappers at a time onto your plastic wrap. Put a scoop of 1 tablespoon of the mixture in the middle of each wonton. Dip your finger in the egg and run it along all four outer edges of each wonton. Grasp to opposite corners and pinch them together in the middle. Then grab one open corner at a time and pinch along the seam lines to the center. Do the same with the other corner. Because these dry out fast, quickly move them over to the 20 inch piece of plastic wrap and folder 10 inches of it over the top and press down

edges. Repeat this process with the next 4 wonton wrappers. Don't try to do too many at a time because they will dry out before you can pinch edges together.

If the green beans are done before the pot stickers, put them in a bowl and cover to keep warm.

Add oil to the same skillet that you cooked the pork. Turn the heat to medium and when it is hot, add the pot stickers for 2 minutes until they are brown on the bottom. Throw away the plastic wrap. Very slowly add 1/2 cup chicken broth; cover and let steam for 4 minutes, reducing the heat slightly. Uncover and add the remaining 1/4 cup of broth and cook for 3 minutes, uncovered. Remove the pan from the heat.

Use a whisk to blend together the ingredients for the sauce. Blend well to combine the peanut butter with the other items. Pour into small serving saucers.

To serve, put some green beans on each plate, then 4-5 pot stickers and the saucer of dipping sauce. For fun, serve with chop sticks.

Enjoy.