



List of Supplies Needed

Vegetable Dumplings Recipe

General

- Recipe

Find detailed lesson plans, printable recipes & more at:

[foodliteracycenter.org/recipes](https://www.foodliteracycenter.org/recipes)

Cooking

- Cutting mat/board
- Plastic/butter knife
- Measuring cups & spoons
- Mixing spoon (2)
- Frying pan
- Wooden spoon
- Strainer
- Large bowl
- Small bowl (2)
- Platter
- Large pot
- Slotted spoon

Food & Produce

Vegetable Dumplings

- Napa cabbage
- Egg
- Olive oil
- Carrot
- Mushrooms
- Ginger
- Green onion
- Salt
- Water
- Flour
- Round wonton wrappers

Sesame Soy Dipping Sauce

- Soy Sauce
- Rice vinegar
- Sesame oil
- Chili flakes (optional)

