

Foodnity Recipes

High-Protein Cabbage Dumplings – 38g Protein, 335 Calories

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Asian-Inspired** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground turkey
- [ ] 2 cups shredded green cabbage
- [ ] 1 tbsp grated fresh ginger
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp soy sauce
- [ ] 1 tsp honey or agave
- [ ] Salt and pepper to taste
- [ ] 20 whole-wheat dumpling wrappers

For the Dipping Sauce

- [ ] 2 tbsp soy sauce
- [ ] 1 tsp sesame oil
- [ ] 1 tsp rice vinegar
- [ ] A pinch of chili flakes (optional)

Instructions

1. In a large bowl, toss the shredded cabbage with a pinch of salt and let sit 5 minutes, then squeeze out excess moisture.
2. Heat a skillet over medium heat, add a drizzle of oil, then sauté ginger, garlic, and cabbage until just softened, about 3 minutes.
3. Add ground turkey to the skillet, break it up, and cook until no longer pink, seasoning with soy sauce, honey, salt, and pepper.
4. Place a wrapper on a clean surface, spoon ~1 tbsp of filling onto the center, fold and seal edges with a little water, forming a crescent shape.
5. Arrange dumplings in a steamer basket, steam over simmering water for 12-15 minutes until the wrappers are tender and the filling reaches 165°F.
6. Mix dipping sauce ingredients in a small bowl; serve hot dumplings with sauce on the side.

Nutrition per serving

335 kcal	38 g	38 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a little heat, sprinkle chili flakes into the dipping sauce.
- For extra fluffiness, add a tablespoon of cornstarch to the filling.
- Allow the dumplings to rest a minute after steaming; they continue to firm up.