Steamed Vegetarian Dumplings
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**Ingredients:**
- \( \frac{1}{2} \) pound firm tofu, drained and cut into \( \frac{1}{2} \)-inch slices
- 1 cup mushrooms
- \( \frac{1}{2} \) cup drained, sliced water chestnuts
- \( \frac{3}{4} \) cup shredded carrot
- 1 tablespoon minced peeled fresh ginger
- 1 tablespoon minced green onions
- 1 teaspoon salt
- 2 tsp. Low-sodium soy sauce
- \( \frac{1}{2} \) tsp. Dark sesame oil
- 1 large egg, lightly beaten
- 4 tsp. Cornstarch
- 50 won ton wrappers or gyoza skins
- cooking spray
- \( \frac{1}{2} \) cup low-sodium soy sauce
- \( \frac{1}{4} \) cup water

**Method:**
1. Place the tofu on several layers of paper towels, and cover with additional paper towels. Let stand 30 minutes, pressing down occasionally. Place tofu in a large bowl and mash with a fork until smooth. Set tofu aside.
2. Place the mushrooms and water chestnuts in a food processor, pulse 5 times and until minced. Add mushroom mixture, carrot and the next 7 ingredients (carrot through 4 teaspoons cornstarch) to tofu; stir well.
3. Working with 1 won ton wrapper at a time (cover remaining wrappers to keep them from drying), spoon 1 teaspoon tofu mixture into center of each wrapper. Moisten edges of wrapper with water; bring 2 opposite corners to center, pinching points to seal. Bring remaining 2 covers to center, pinching edges together to seal. Place dumplings, seam sides up, on a large baking sheet sprinkled with 1 teaspoon cornstarch (cover loosely with a towel to keep them from drying).
4. Arrange one-third of the dumplings in a single layer in a vegetable steamer coated with cooking spray. Steam dumplings, covered, for 15 minutes. Remove the dumplings, from steam, set aside, and keep warm. Repeat the procedure with the remaining dumplings.
5. Combine \( \frac{1}{2} \) cup soy sauce and \( \frac{1}{4} \) cup water in a small bowl. Serve with dumplings.

Yield 50 appetizers.