



HARVEST OF THE MONTH

Ingredient: Brassicas

Kale & Cream Cheese Dumplings

PREP TIME:	~20 minutes
COOK TIME:	12 minutes
TOTAL TIME:	~25 minutes
SERVINGS:	12
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INGREDIENTS

½ lb raw kale (a little more than half a “clam shell” container)
¾ cup cream cheese
¼ tsp garlic powder
1 green onion, minced (green part only)
Pinch of salt and pepper
12 gyoza or wonton wrappers
Small cup of water (for wonton assembly)
2 tsp olive oil or small amount of cooking spray

INSTRUCTIONS

1. Preheat the oven to 375 degrees.
2. Remove stems and finely chop the kale. Then, steam or sauté until it shrinks down (to about ½ a cup).
3. Using either a food processor, immersion blender, or mashing tool, combine the kale, cream cheese, onion, garlic powder and salt & pepper until fully combined.
4. Lay out 12 wrappers on a clean surface and with wet fingers, trace the outline of one wrapper. With the wet side up, scoop roughly two teaspoons of the cream cheese mixture into the middle of the wonton.
5. Fold the wonton in half and gently seal it, pressing the edges. Repeat with each wrapper.
6. Spray with cooking spray or brush each wonton with a little bit of oil.
7. Bake on a sheet pan for 12 minutes, or until golden brown. Flip halfway through.
8. Let cool for 3-5 minutes and enjoy!