

# WONTON MIX

makes 25-30 Wontons

## INGREDIENTS

1/2 pound ground pork  
3 tsp fresh ginger, minced  
1 tsp fresh garlic, minced  
1 scallion, thinly sliced  
3 tsp soy sauce  
2 tsp sesame oil  
Pinch of salt  
Dash of pepper  
Wonton wrappers  
Egg yolk

## DIRECTIONS

Mix first 8 ingredients together in a medium bowl. Add a small scoop of filling to each wonton wrapper. Fold wrapper over, sealing with egg yolk wash. Add filled wontons to boiling water for about 2 minutes. Drain and add to soup broth.

# Wonton Soup Broth

2 quarts chicken broth  
3 TBS soy sauce  
2 TBS sesame oil  
1 carrot, julienned or thinly sliced  
1 scallion, thinly sliced

## DIRECTIONS

Bring chicken broth, soy sauce and sesame oil to a boil. Add carrot to broth to soften. Remove from heat and add cooked wontons and sliced scallions.

# ZUCCHINI CARROT FRITTERS

Makes 8 fritters

## INGREDIENTS

1 cup chickpeas

1 zucchini, grated

1 carrot, grated

2 eggs

1/2 cup whole wheat panko

2 teaspoons fresh basil, chopped

1/2 teaspoon garlic powder

1/2 teaspoon salt

1/2 teaspoon pepper

olive oil

## GARNISH

plain Greek yogurt

scallion, thinly sliced

## DIRECTIONS

1. Grate zucchini. Place in a clean dish towel or cloth.
2. Grate carrots. Place in a clean dish towel or cloth with zucchini.
3. Squeeze out as much moisture as possible.
4. Add veggies, panko, egg, basil, garlic powder, salt, and pepper to the bowl with the mashed chickpeas.
5. Stir until completely combined.
6. Heat olive oil in a large skillet on medium heat.
7. Scoop 2 tablespoons of mixture into your hand press to compress it into a patty.
8. Cook for about 1-2 minutes, until the underside is golden brown then flip and repeat.

Serve with a dollop of plain Greek yogurt and sliced scallion.