



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

May 12<sup>th</sup>, 2015 Cooking Class

Featuring

Sue Leong

Owner of May Jen Restaurant

## Dumpling Dough

Makes 36 dough portions

### Ingredients:

- 2/3 cup boiling water
- 2 ½ cup flour
- 2/3 cup cold water

### Directions:

Add boiling water to flower, then mix in cold water.

Knead into a smooth dough using additional flour to prevent sticking. Let dough rest 10 minutes.

Roll dough into a long roll and cut into 36 pieces. Using a rolling pin, roll each piece into a thin 2 inch circle.

Nutrition Facts			
Serving Size: 1 serving (12.7g)			
Servings: 36			
Amount Per Serving			
Calories 30		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	6g		2%
Dietary Fiber	0g		1%
Sugars	0g		
Protein	less than 1g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

