



Makes 10 dumplings
Preparation Time: 15 minutes
Cook Time: 10 minutes

INGREDIENTS:

1 cup coarsely chopped green cabbage
½ cup broccoli or veggies of choice
½ cup chopped yellow onion
¼ cup chopped carrot
2 scallions, coarsely chopped
1½-inch piece fresh ginger, coarsely chopped
2 cloves garlic, smashed
6 oz. extra-firm tofu, drained
2 teaspoons reduced-sodium soy sauce, plus more for dipping
20 brown rice paper wrappers

Air-Fryer Rice Paper Dumplings

Do you ever look into your fridge, overwhelmed to see all the unused fresh veggies you bought with the best intentions? Put them to good use in these versatile air-fryer **rice paper** dumplings. The veggies and tofu are finely chopped using a food processor, with fresh ginger and soy sauce for extra flavor. Simply wrap a few tablespoons of the mixture in a brown **rice paper wrapper**, then wrap the bundle up in another rice paper wrapper to ensure the dumplings don't break. After just 8 to 10 minutes in the **air fryer**, you're ready to dig in. Serve with additional soy sauce for dipping.

Tips

Gluten-free version: Use gluten-free tamari instead of soy sauce.

For more inspiration, check out these tasty ideas:

- [Spicy Tempeh Mango Spring Rolls](#)
- [Vegan Spring Rolls](#)
- [Curried Tofu Summer Rolls](#)
- [Squash and Bean Thread Noodle Spring Rolls](#)

By Carleigh Bodrug

- 1 For filling, in a food processor combine the first seven ingredients (through garlic). Process until mixture is very finely chopped.
- 2 Transfer chopped vegetables to a medium bowl. Using the coarse holes on a box grater, grate tofu into bowl (or crumble tofu with your hands). Add 2 teaspoons soy sauce; toss until well combined.
- 3 In a large nonstick skillet cook vegetable mixture over medium 5 minutes or until just tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Remove from heat.
- 4 Fill a wide, shallow bowl or tray with warm water; set it between rice paper wrappers and a cutting board. Dip one rice paper wrapper into water for a few seconds, then place wrapper on the cutting board. Spoon 3 tablespoons of the filling onto the center of the wrapper.
- 5 Fold the lower half of the wrapper over the filling. Take the top half and also fold it over the filling, then fold in the sides until you have a square dumpling. Repeat folding with a second layer of rice paper to prevent breakage. Repeat this process to make 10 dumplings.
- 6 Preheat air fryer to 400°F. Arrange as many dumplings in the air fryer as you can fit without them touching one another. Air-fry 8 to 10 minutes or until crispy. Serve immediately with additional soy sauce for dipping.