**Dim Sum Baskets**

Recipes provided by...

Soybeans

Nebraska Soybean Board

---

**INGREDIENTS...**

- 6 Frozen yeast roll dough
- 3 tbsp Thinly sliced shallots
- 1 tsp Soybean oil (vegetable oil)
- 4 oz Tofu, diced 1/4-inch
- 3 tbsp Water chestnuts, drained and diced
- 1/3 cup Chopped fresh spinach
- 1 1/2 tsp Soy sauce
- 1/8 tsp Crushed red chili peppers

---

**Per basket:**

- Calories: ................ 138
- Protein: ................ 4.9 g
- Carbohydrate:....... 20.8 g
- Total fat:............ 3.8 g
- Cholesterol:...... 12.3 mg
- Sodium:............... 226 mg
- Dietary Fiber: ...... 1.6 g

---

Place frozen yeast rolls in well-oiled muffin tins. Thaw and let rise at room temperature about 4 hours. Stir-fry shallots in oil. Stir in tofu and water chestnuts; stir-fry until thoroughly heated. Add spinach, soy sauce and chili peppers; mix well. Press centers of bread dough with thumb, leaving a large indentation in the center. Spoon 2 tablespoons stir-fry mixture in center of dough. Bake at 350°F 15 to 20 minutes or until dough is baked.

**Makes 6 servings.**

---

**Quick Tip...**

Add an Asian flavor to the table by mixing miso in your favorite salad dressing.

---

nebraskasoybeans.org

For more enjoyable soy recipes call 800-852-BEAN