



TEST KITCHEN *confidential*

PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CINDY BARR. PORTRAIT: ANDREW KAHL



**TAP FOR
THE KIDS'
VERDICT**

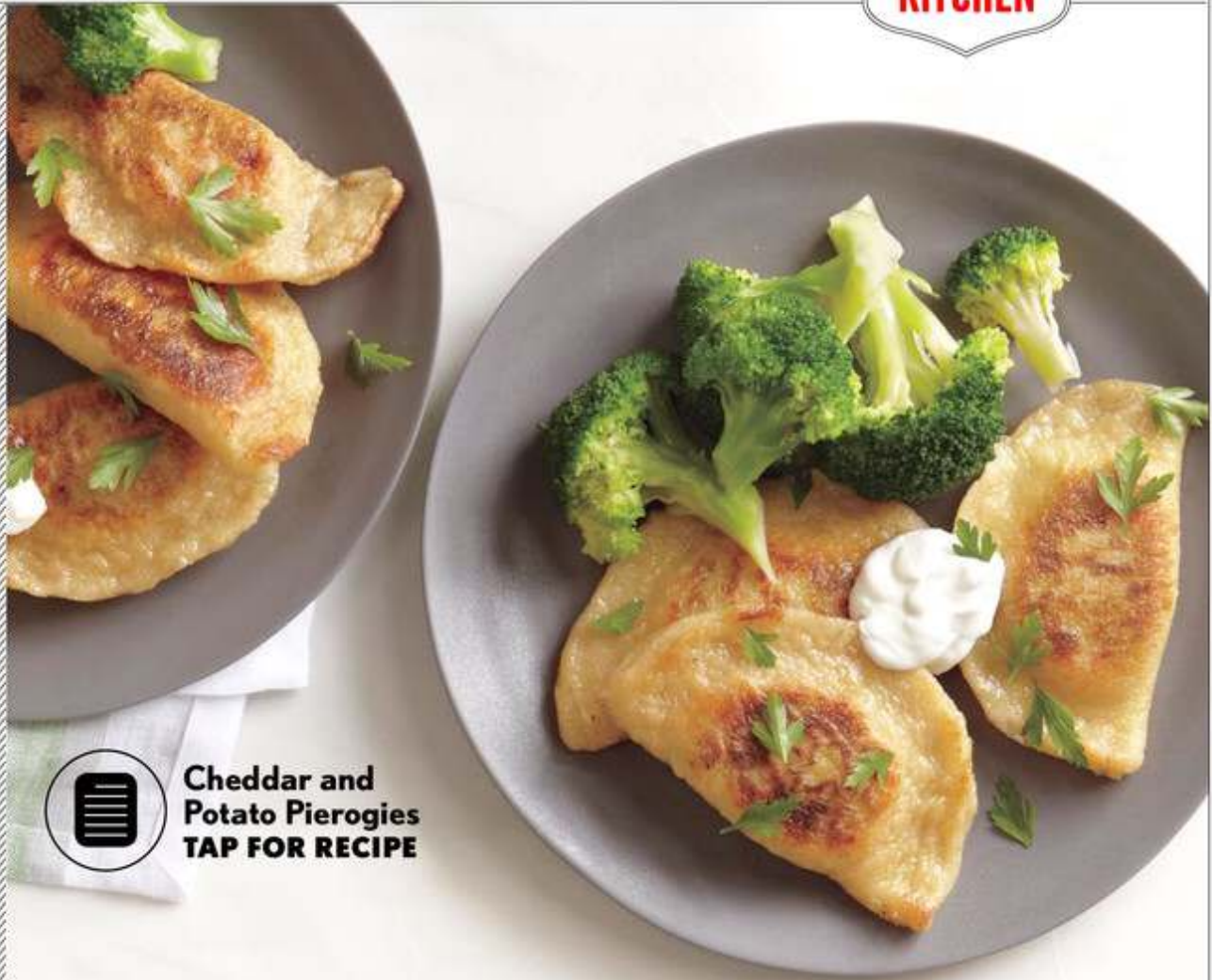


MORE PIEROGIES, PLEASE



MATISSE REID

IS A KID WHO COOKS
FOR FRIENDS AND FAMILY.
AGE: 12



**Cheddar and
Potato Pierogies**
TAP FOR RECIPE

“**T**HIS WEEK, I MADE cheddar and potato pierogies. Pierogies are basically dumplings with mashed potato inside. I was so excited to try this recipe because it reminded me of where I used to live in Pittsburgh. I love baseball, and the Pittsburgh Pirates always have people dressed up as giant pierogies at their games—there’s even a pierogi race! These pierogies were so delicious. When you roll out the dough, put some flour on the surface

that you’re working on so the dough does not stick. If your dough is still too wet, add a sprinkle of flour to it. As you cook the pierogies, you can add some strips of onion and minced garlic to the pan—the onion is just the right thing to top it off. My friend Jake had never had pierogies before, and he said these were the best. I loved this dish. The potatoes were so nice and creamy. I actually ended up making more pierogies than the recipe said, but that’s OK. The more, the better!”

Cheddar and Potato Pierogies



Upload a recipe photo

Photo: Randy Mayor; Styling: Cindy Barr

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Serve with steamed broccoli florets. If you don't have a biscuit cutter, the rim of a drinking glass will work.

★★★★★ Outstanding

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Yield: Serves 6

Total: 1 Hour, 5 Minutes

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Recipe Time

Hands On: 50 Minutes

Total: 1 Hour, 5 Minutes

Nutritional Information

Amount per serving

Calories: 323

Fat: 10.3g

Saturated fat: 5.6g

Ingredients

\$ 3 ingredients on sale for ZIP 77002

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- 1 (10-ounce) baking potato, peeled and quartered
- 2 ounces reduced-fat cheddar cheese, shredded (about 1/2 cup)
- 2 tablespoons unsalted butter, divided
- 3/4 teaspoon kosher salt, divided
- 9 ounces all-purpose flour (about 2 cups)
- 3/4 cup light sour cream, divided
- 2 large eggs, lightly beaten \$
- 1/2 teaspoon extra-virgin olive oil \$
- 3/4 cup diced red onion
- 2 teaspoons minced garlic
- 12 cups water \$
- 1/4 cup chopped fresh flat-leaf parsley

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Preparation

1. Place potato in a medium saucepan; cover with cold water. Bring to a boil. Reduce heat, and simmer 20 minutes; drain. Combine potato, cheddar cheese, 2 teaspoons butter, and 1/4 teaspoon salt in a bowl; mash with a potato masher.
2. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and remaining 1/2 teaspoon salt in a medium bowl. Combine 1/2 cup sour cream and eggs in a small bowl, stirring with a whisk. Add sour cream mixture to

Saturated fat: 5.0g
Monounsaturated fat: 3.1g
Polyunsaturated fat: 0.9g
Protein: 11.3g
Carbohydrate: 45.8g
Fiber: 2.2g
Cholesterol: 85mg
Iron: 3mg
Sodium: 350mg
Calcium: 116mg

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flour mixture, stirring just until combined. Wrap dough in plastic wrap; refrigerate 30 minutes.

3. Heat a small skillet over medium-high heat. Add oil to pan; swirl to coat. Add onion and garlic; sauté 4 minutes. Stir onion mixture into potato mixture.

4. Divide dough into 2 portions. Roll each portion to a 1/8-inch thickness on a lightly floured surface; cut with a 4-inch round cutter into 18 rounds. Working with 1 round at a time, spoon 1 tablespoon potato mixture onto each round. Fold dough over filling; press edges together to seal. Repeat with remaining dough and potato mixture.

5. Bring 12 cups water to a boil in a large saucepan. Add half of pierogies; cook 2 minutes or until pierogies float. Remove cooked pierogies with a slotted spoon. Repeat procedure with remaining pierogies.

6. Melt 2 teaspoons butter in a large nonstick skillet over medium-high heat. Add half of pierogies to pan; cook 2 minutes on each side or until golden brown. Remove from pan. Repeat procedure with remaining 2 teaspoons butter and remaining pierogies. Place 3 pierogies on each of 6 plates; top each serving with 2 teaspoons sour cream. Sprinkle evenly with parsley.

Note:

MyRecipes is working with *Let's Move!*, the Partnership for a Healthier America, and USDA's MyPlate to give anyone looking for healthier options access to a trove of recipes that will help them create healthy, tasty plates. For more information about creating a healthy plate, visit www.choosemyplate.gov.

Kate Parham, *Cooking Light*
NOVEMBER 2013