

# Cooking Corner



## Shape Up with One-Pot Pierogy Meals

(NAPSA)—Hearty stick-to-your-ribs dinners are appealing to just about everyone. But if they're starting to stick to your hips and tummy, too, it may be time to lighten up your cooking by cutting back on meat. It's easy to create healthful meals when you start with a package of frozen Mrs. T's Pierogies. These tasty, potato-filled pasta pockets are naturally high in complex carbohydrates and low in fat—which means they supply energy and nutrients while keeping fat and calories under control.

Pierogy and Shrimp Gumbo succeeds in both the hearty and healthy categories. This well-seasoned mix of potato and cheddar pierogies, shrimp and bell peppers makes for a satisfying and quick one-dish dinner. Another speedy skillet dinner pairs up the classic flavors of potatoes and cabbage. A small amount of lean Canadian bacon adds a rich smokiness to this combo. Both recipes taste meaty enough to fill you up—without filling you out!

### Pierogy and Shrimp Gumbo

- 2 tablespoons olive oil
- 1 large onion, thinly sliced
- 2 medium-sized sweet red bell peppers, cut in thin strips (about 2 cups)
- 1 tablespoon minced garlic
- ¼ teaspoon red pepper flakes
- 1 can (14 ounces) ready-to-serve low-sodium chicken broth
- 1 package (16.9 ounces) frozen Mrs. T's Potato & Cheddar Cheese Pierogies
- 1 pound large shrimp, shelled and deveined
- 1 bay leaf

In a Dutch oven or deep skillet, over medium-high heat, heat oil. Add onion and pepper; cover and cook for 4



Low in fat, this spicy Louisiana-style gumbo is chock full of shrimp, red bell peppers and a surprise ingredient—pierogies!

minutes. Uncover and cook until lightly browned, about 3 minutes, stirring occasionally. Add garlic and red pepper; cook and stir for 30 seconds. Add broth; bring to a boil. Add pierogies; cover and cook over medium-high heat for 3 minutes. Add shrimp and bay leaf; cover and cook, stirring once, just until shrimp are cooked, about 3 minutes longer. Remove bay leaf. Spoon shrimp and sauce into soup bowls. Sprinkle with chopped parsley, if desired.

YIELD: 4 portions

### Pierogies with Cabbage and Canadian Bacon

- 1 tablespoon olive oil, divided
- 5 slices (½ of a 6-ounce package) Canadian bacon, diced
- 2 cups sliced cabbage
- 1 tablespoon minced garlic
- ½ cup chicken broth

- 1 package (16.9 ounces) frozen Mrs. T's Potato & Onion Pierogies

In a large skillet, over high heat, heat 1 teaspoon of the oil. Add bacon; cook and stir until browned, about 2 minutes; remove. Reduce heat to medium-high; add cabbage and garlic; cook and stir for 1 minute. Add broth; cover and simmer until cabbage is lightly browned and tender, about 10 minutes. Meanwhile, cook pierogies according to package directions. In a serving bowl, combine pierogies and the cabbage mixture; toss; sprinkle with reserved bacon.

YIELD: 4 portions

For appetizing, low-fat recipes, send a self-addressed, stamped envelope to: Shape Up Leaflet, Mrs. T's Pierogies, PO Box 606, Shenandoah, PA 17976-0606, or visit Mrs. T's Web site at [www.pierogies.com](http://www.pierogies.com).