

Side Dish

Quick Potato Dumplings

Ruth Bakalar

The Complete Potato Cookbook

2 cups mashed potatoes

1/2 small onion, finely chopped

2 tablespoons butter

1 egg

salt and pepper to taste

dash nutmeg

1 cup all-purpose flour

In a bowl, mix cold potatoes and onion. Beat in butter. Add egg to mixture; mix well. Add salt and pepper to taste and nutmeg.

Add flour to mixture, knead into a dough mixture.

Shape dough into balls, about twelve.

Drop balls into boiling, salted water; cook, covered, about 15 minutes. Test dumplings for doneness by breaking one open with a fork.

Yield: 12 balls

Per Serving (excluding unknown items): 1085 Calories; 39g Fat (32.0% calories from fat); 28g Protein; 156g Carbohydrate; 12g Dietary Fiber; 282mg Cholesterol; 1291mg Sodium. Exchanges: 9 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 6 1/2 Fat.