

# Pierogi Casserole

*Iris Howell - Port St. Lucie, FL*

## Servings: 6

*1 stick margarine  
1 medium onion, chopped  
1 box sour cream and chive instant  
potatoes  
4 - 8 lasagna noodles  
16 ounces colby jack OR cheddar  
and mozzarella cheese, shredded*

Preheat the oven to 350 degrees.

In a skillet over medium heat, saute the onion in the margarine until softened. Set aside.

Cook the lasagna noodles according to package directions. Set aside.

Prepare the potatoes according to package directions. Set aside.

In a 9x13-inch casserole dish, spread one-third of the onions evenly on the bottom of the dish.

Layer three or four of the lasagna noodles over the onions.

Spread one-half of the potatoes over the noodles.

Evenly spread a second one-third of the onions.

Place one-half of the cheese over the onions.

Layer the remaining lasagna noodles.

Layer the remaining potatoes.

Layer the remaining onions.

Layer the remaining cheese.

Bake for 30 to 40 minutes or until bubbly.

Serve immediately.

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Per Serving (excluding unknown items): 353 Calories; 16g Fat (41.2% calories from fat); 8g Protein; 44g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 182mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Vegetable; 3 Fat.

Pasta

## Per Serving Nutritional Analysis

|                                |           |                     |       |
|--------------------------------|-----------|---------------------|-------|
| Calories (kcal):               | 353       | Vitamin B6 (mg):    | .1mg  |
| % Calories from Fat:           | 41.2%     | Vitamin B12 (mcg):  | trace |
| % Calories from Carbohydrates: | 50.2%     | Thiamin B1 (mg):    | .6mg  |
| % Calories from Protein:       | 8.7%      | Riboflavin B2 (mg): | .3mg  |
| Total Fat (g):                 | 16g       | Folacin (mcg):      | 14mcg |
| Saturated Fat (g):             | 3g        | Niacin (mg):        | 4mg   |
| Monounsaturated Fat (g):       | 7g        | Caffeine (mg):      | 0mg   |
| Polyunsaturated Fat (g):       | 5g        | Alcohol (kcal):     | 0     |
| Cholesterol (mg):              | 0mg       | % Daily Value:      | 0.0%  |
| Carbohydrate (g):              | 44g       |                     |       |
| Dietary Fiber (g):             | 2g        |                     |       |
| Protein (g):                   | 8g        |                     |       |
| Sodium (mg):                   | 182mg     |                     |       |
| Potassium (mg):                | 129mg     |                     |       |
| Calcium (mg):                  | 19mg      |                     |       |
| Iron (mg):                     | 2mg       |                     |       |
| Zinc (mg):                     | 1mg       |                     |       |
| Vitamin C (mg):                | 1mg       |                     |       |
| Vitamin A (i.u.):              | 673IU     |                     |       |
| Vitamin A (r.e.):              | 150 1/2RE |                     |       |

## Food Exchanges

|                      |     |
|----------------------|-----|
| Grain (Starch):      | 3   |
| Lean Meat:           | 0   |
| Vegetable:           | 1/2 |
| Fruit:               | 0   |
| Non-Fat Milk:        | 0   |
| Fat:                 | 3   |
| Other Carbohydrates: | 0   |

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

Calories 353      Calories from Fat: 145

|                            |       | % Daily Values* |
|----------------------------|-------|-----------------|
| <b>Total Fat</b>           | 16g   | 25%             |
| Saturated Fat              | 3g    | 14%             |
| <b>Cholesterol</b>         | 0mg   | 0%              |
| <b>Sodium</b>              | 182mg | 8%              |
| <b>Total Carbohydrates</b> | 44g   | 15%             |
| Dietary Fiber              | 2g    | 7%              |
| <b>Protein</b>             | 8g    |                 |
| <b>Vitamin A</b>           |       | 13%             |
| <b>Vitamin C</b>           |       | 2%              |
| <b>Calcium</b>             |       | 2%              |
| <b>Iron</b>                |       | 12%             |

\* Percent Daily Values are based on a 2000 calorie diet.