

Side Dishes

Potato Dumplings

Servings: 4

Exchanges: One serving = 1/2 bread, 1/2 vegetable, 1/2 lean meat.

3/4 pound potatoes, cooked

1/2 cup all purpose unbleached flour

1 egg, beaten (use only 1/2 yolk)

Pinch salt

4 cups beef broth

1 tablespoon fresh parsley, minced

Peel potatoes and mash. Work in flour, egg, salt. Knead until stiff and shape into balls 1 1/2 inches in diameter.

Bring broth to a boil in a large kettle and drop potato dumplings in one at a time. When they rise to surface, cook another five minutes.

Remove from broth with slotted spoon, garnish with fresh parsley.

Per Serving (excluding unknown items): 127 Calories; trace Fat (0.6% calories from fat); 13g Protein; 19g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1285mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable.