

P BLT Pierogies

Ready in 30 minutes | Serves about 6 people



INGREDIENTS:

- 1 medium chopped onion (approx. 1 cup)
- 6 slices diced bacon (turkey, chicken)-I used Sugardale Hickory Smoked Bacon.
- 1 tablespoon minced garlic
- 6 ounces baby spinach replaces the L in BLT
- 2 12.84-ounce boxes Mrs. T's Pierogies MINI 4 Cheese Medley
- 16 ounces Chicken Broth-I used Giant Eagle brand
- 3 ounces Greek yogurt or cream cheese (Greek yogurt is high in protein, calcium, probiotics)
- Quarter cup grated Parmigiano-Reggiano cheese (a little goes a long way - could also use cheddar or mozzarella)
- 1 pint grape tomatoes roasted (see recipe below)
- Salt and pepper (I used a couple twists of fresh ground pepper and sea salt)

DIRECTIONS:

1. WASH HANDS
2. In a large skillet over medium heat, cook onion and bacon until bacon is cooked and onion is starting to caramelize, stirring on occasion, about 7 minutes. Add garlic and continue cooking for a couple minutes.
3. Add in pierogies and chicken broth, turn heat up to medium/high, cover and cook for approximately 5 minutes
4. Stir in Greek yogurt until blended to a sauce consistency
5. Add parmesan cheese, stir until melted, add spinach and roasted grape tomato, cook for additional 1-2 mins or until spinach is slightly wilted but still vibrant
6. Remove from heat, season with salt and pepper to your taste



BLT Pierogies

TIPS:

- One of the great things about cooking at home is you have control over the amount of added fats, sugar, salt etc. as well as ingredient likes and dislikes
- Add any of your favorite fresh vegetables (broccoli, cauliflower, carrots, asparagus etc.)
- Serve with your favorite proteins (salmon, chicken, steak etc.)

RECIPE VARIATION:

Variation #1: Roasted Kale

- Preheat oven 350
- Clean kale, pat dry
- Remove and discard thick rib and roughly chop
- Toss in olive oil, garlic, salt, pepper, a touch of cajun spice
- Spread evenly on a sheet pan
- Bake approximately 15 mins. stirring halfway through

Variation #2: Spaghetti Squash

- Preheat oven 350
- Cut in half lengthwise
- Scoop out seeds
- Drizzle olive oil, salt, pepper, garlic, fresh herbs or italian seasoning
- Place face down on a sheet tray with a rim
- Add water covering the bottom of sheet tray
- Roast for approximately 30 minutes
- Remove from oven, flip to cut side up
- When cool enough to handle, using a fork scrape strands from inside squash

Variation #3: Brussel Sprouts

- Preheat oven 400
- Wash brussel sprouts, trim end, and cut in half
- In a bowl mix olive oil, garlic, salt, pepper, italian seasoning, diced red pepper
- Pour onto sheet tray
- Cook approximately 20-30 mins, toss halfway through

