



Recipe Details

Recipe Name - Potato, Cheddar, Onion Perogies

Recipe Steps -

Ingredients

- 4 cups potatoes, peeled and cut into pieces
- 2 onions, diced
- 10 garlic cloves, whole
- 2 Tbsp nutritional yeast
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp turmeric
- 1/2 tsp paprika
- 1 tsp white miso
- 4 low sodium egg roll wrappers, cut into 4 squares each, yields 16 wrappers total.
- Black pepper to taste

Instructions

1. Water sauté diced onion until caramelized, about 20 minutes.
2. Meanwhile, place chopped potatoes and whole garlic cloves in a medium pot and cover with water just to the top of the potatoes. Boil for 15 to 20 minutes until fork tender.
3. When potatoes and garlic are fork tender, drain the potatoes keeping some of the potato water aside, just in case your potato mixture needs some moisture (mine did not need additional water).
4. Add caramelized onions and all other ingredients to the potatoes and mash until creamy and smooth. If they seem stiff, add some of your potato water.
5. Place a spoonful into each wrapper. Place your fingers in water (or use a brush) and wet all sides of the wrapper (this is your glue). Fold wrappers over potatoes to form a triangle, and press to seal.
6. Place each triangle into your air fryer basket (you may want to use parchment paper to avoid any sticking), air fry at 400 for 4 minutes, flip, and air fry for 4 more minutes. If you do not have an air fryer, you can do the same in your regular oven on a parchment-lined cookie sheet.
7. Enjoy!

