

Cooking Corner Tips To Help You

Pierogy Salads: A Cool Idea

(NAPS)—If you're interested in cooking less and eating more lightly during the heat of summer, salads can help. Simple to prepare—and refreshingly cool and crunchy—they're just right for the season.

As a change from everyday salads, try tossing convenient frozen Mrs. T's® Pierogies into your mix. Substitute these potato-filled pasta pockets for the spuds in potato salad, or combine them with sliced veggies and your favorite Italian-style dressing. Southwestern flavors such as salsa, corn, avocado and black beans are another great match for pierogies.

Low-fat pierogies are a perfect fit for a lifestyle that includes sensible eating and regular exercise. For more recipes, nutrition tips and fitness facts, send a self-addressed stamped envelope to: Shape Up Strategies Leaflet, Mrs. T's Pierogies, PO Box 606, Shenandoah, PA 17976-0606. And be sure to visit www.pierogies.com!

Southwestern Pierogy Salad

- 1 package (16.9 ounces) frozen Mrs. T's® Potato & Cheddar Cheese or Potato & Onion Pierogies**
- 1¼ cups diced fresh tomatoes**
- 1 cup prepared chunky salsa**
- ½ cup lightly cooked fresh, frozen or canned corn kernels**
- ½ cup diced avocado**

Cook pierogies according to package directions; drain and rinse. In a large bowl, combine pierogies, tomatoes, salsa, corn and avocado; toss to coat.

YIELD: 4 portions



This delightfully different pierogy, tomato and avocado salad will complement whatever you happen to be grilling tonight.

Pierogy And Black-Bean Taco Salad

- 1 package (16.9 ounces) Mrs. T's Potato & Cheddar Cheese or Potato & Onion Pierogies**
- 1 jar (15 ounces) prepared chunky salsa**
- 1 can (15 ounces) black beans, drained and rinsed**
- 6 cups shredded iceberg lettuce**
- 1 cup shredded Monterey Jack cheese (about 4 ounces)**

Cook pierogies according to package directions; drain and transfer to a large bowl. Add salsa and beans; toss gently. To serve: Place shredded lettuce on a platter or individual plates; add pierogy mixture and sprinkle with cheese. Garnish with sliced green onions and crushed tortilla chips, if desired.

YIELD: 4 portions