

Sharing Family Meals May Lead To Higher-Performing Students

(NAPSA)—Want to increase your kids' chances of getting higher grades in school? Eat dinner with them.

According to studies conducted by Columbia University, teens who ate frequent family dinners were 40 percent more likely to get A's and B's than those who didn't. In fact, other research has shown that teens actually *prefer* sitting down with their families for dinner to eating alone—in part because they thought it was the best time to discuss “something important.”

But what to do if your family's hectic schedule makes it hard not just to get everyone gathered together around the table, but also to find time to do the actual cooking?

You can minimize the kitchen duty by serving an easy-to-prepare pierogy entrée. The recipe below, in honor of the nation having just celebrated National Pierogy Day, is an updated version of a classic—and tasty—Eastern European dish that's also sure to enliven dull menus that provide an excuse for grabbing a bite on the run. And who knows? Maybe even help improve those grades.

Unstuffed Cabbage and Pierogies

Serves 4

- 1 (16-ounce box) Mrs. T's® potato and cheddar pierogies
- 1 (16-ounce package) kielbasa, cut into ½-inch slices
- 1 tablespoon vegetable oil
- ½ head green cabbage, cut into 2-by 1-inch pieces



Unstuffed Cabbage and Pierogies

- 1 large onion, chopped
- 1 garlic clove, crushed
- 1 (14.5-ounce) can diced tomatoes
- 1 large carrot, shredded
- 1 teaspoon salt
- ½ teaspoon caraway seed
- ¼ teaspoon ground black pepper

Saute pierogies as box directs.

Cook kielbasa slices until lightly browned in 12-inch skillet over medium-high heat; stir frequently. Remove to bowl.

Cook cabbage and onion in same skillet, over medium heat, in hot oil, until tender-crisp, about 5 minutes, stirring occasionally. Add garlic, tomatoes with their liquid, carrot, salt, caraway seed, pepper and kielbasa. Heat to boiling over high heat; reduce heat to low; cover and simmer 10 minutes, stirring occasionally.

Add pierogies to skillet; heat through.

For more information and a wide assortment of other recipes, visit www.pierogies.com.