

Hot Pierogy Meals in a Hurry

(NAPSA)—Time is precious, and most people would rather spend it with family and friends than on dinner preparations. For a little help in the kitchen you can turn to frozen pierogies and your microwave oven—and serve a hot dinner in less than 20 minutes!

Pierogies are a wonderful variety of stuffed pasta...a lot like ravioli, but with whipped potatoes and onions or cheese inside. Look for Mrs. T's Pierogies®, the leading brand, in your grocer's freezer case.

Pierogies with Italian Sausage and Peppers make a nice change from the usual spaghetti with meat sauce. You'll also enjoy Asian-Style Pierogies, Shrimp and Broccoli, a speedy meal that tastes exotic but is made with easy-to-find ingredients.

PIEROGIES WITH ITALIAN SAUSAGE AND PEPPERS

- 8 ounces sweet Italian sausage, sliced**
- 1 package (16.9 ounces) frozen Mrs. T's Potato & Onion or Potato & Cheddar Pierogies**
- 2 cups thinly sliced Italian or green bell peppers**
- 1 jar (27 ounces) tomato-based pasta sauce**

In a microwavable dish, arrange sausage in a single layer. Microwave on high until cooked through, about 3 minutes; remove sausage; cover and set aside. In the same dish, combine pierogies, peppers and pasta sauce; cover loosely with plastic wrap. Microwave on high for 10 minutes, stirring once. Return sausage to dish. Microwave, covered, until pierogies are hot, about 2 minutes.

YIELD: 4 portions



Potato-filled pierogies taste great with just about any pasta sauce.

ASIAN-STYLE PIEROGIES, SHRIMP AND BROCCOLI

- 1 package (14.1 ounces) frozen Mrs. T's Roasted Garlic Pierogies, thawed**
- 2 cups broccoli florets**
- 1 sweet red bell pepper, cut in strips (about 1 cup)**
- ½ cup hoisin sauce**
- 2 teaspoons vegetable oil**
- 1½ teaspoons cider vinegar**
- 2 tablespoons soy sauce**
- 8 ounces shelled shrimp**

In a microwavable dish, combine pierogies, broccoli, bell pepper and ⅓ cup water. Cover loosely with plastic wrap. Microwave on high for 7 minutes, stirring once. Meanwhile, in a small bowl, combine hoisin, oil, vinegar and soy sauce. Stir sauce and shrimp into pierogy mixture. Cover loosely. Microwave until shrimp turn pink, about 6 minutes, turning once.

YIELD: 4 portions

For more microwave recipes and tips, visit www.pierogies.com or send a stamped, self-addressed, business-sized envelope to: Microwave Leaflet, Mrs. T's Pierogies, P.O. Box 606, 600 E. Center St., Shenandoah, PA 17976-0606.