



# Susan Feniger's Ukrainian Spinach Dumplings

 Vegetarian

READY IN



120 min.

SERVINGS



4

CALORIES



993 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 large eggs beaten
- 1 cup feta cheese crumbled
- 16.3 ounces flour all-purpose plus more for rolling
- 0.3 cup optional: dill fresh chopped for garnish
- 2 teaspoons kosher salt
- 4 servings optional: lemon for serving
- 2.5 tablespoons olive oil
- 1 cup cream sour for serving

- 8 cups pkt spinach fresh roughly chopped
- 6 tablespoons butter unsalted ()
- 1 onion white minced
- 2 yukon gold potatoes peeled cut into 8 equal pieces
- 4 cups zucchini grated

## Equipment

- bowl
- frying pan
- sauce pan
- mixing bowl
- pot
- plastic wrap
- cookie cutter
- stand mixer
- stove
- wax paper
- spatula
- colander
- box grater

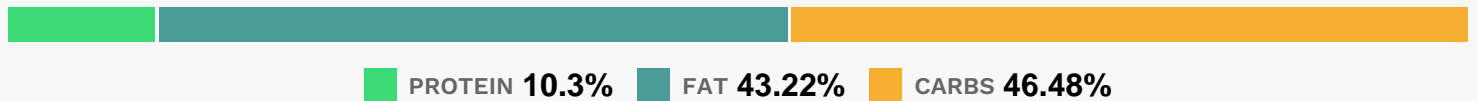
## Directions

- For the Dough: In a small bowl, mix the egg and sour cream together.
- Put the flour and salt in the bowl of a stand mixer fitted with the paddle attachment. With the mixer on low speed, beat the mixture while adding the butter, one piece at a time, until the flour starts to come together in small clumps, about 2 minutes. Stop the mixer and add the egg mixture all at once. Turn the mixer on low speed again, and mix just enough to incorporate the egg mixture. Do not overmix or your dough will be tough. The consistency will be slightly crumbly and will resemble a pie dough.

- Turn the dough out onto a flat surface. Knead it with your hands just enough to bring the dough together into a ball. Wrap it in plastic wrap and refrigerate it for at least 1 hour or for as long as 24 hours.
- Divide the dough in half. Put one half on floured work surface; wrap the other half in plastic wrap and return it to the refrigerator.
- Roll the dough out into a round about 1/8 inch thick.
- Cut out 12 rounds with 3-inch cookie cutter. Put rounds on a plate, cover with plastic wrap, and refrigerate until ready to use. Repeat with the other half of the dough to make 24 rounds total.
- Put the potatoes and 1 teaspoon of the salt in a small saucepan, cover with water, and set over high heat. Bring to a boil. Then reduce the heat to medium-low and continue to cook at a slow boil for 15 minutes, or until the potatoes are very tender when poked with a fork.
- Drain, and set aside until cool enough to handle, 5 to 10 minutes. Grate the potatoes on the large holes of a box grater and set aside.
- While the potatoes are cooking, heat the olive oil in a large saute pan set over medium-high heat.
- Add the onion and cook, stirring frequently, until it is translucent and just beginning to brown, 3 to 4 minutes.
- Add the zucchini and 1/4 teaspoon of the salt. Cook, stirring constantly, for 2 minutes. The onion will continue to brown; that is okay.
- Add the spinach and 1/4 teaspoon of the salt. Cook, stirring, for 2 minutes.
- Remove the pan from the heat and pour the entire contents into a colander, pushing on them slightly to expel some of the liquid.
- Let drain and cool in the colander for 30 minutes, occasionally pressing and stirring with a rubber spatula to drain as much of the excess liquid as possible.
- When the drained spinach mixture is cool, put it in a large mixing bowl.
- Add the grated potato, feta cheese, and the last 1/2 teaspoon salt.
- Mix gently to combine.
- To Assemble: Put a large pot of water on the stove to boil. Put a level tablespoon of the filling in the center of each dough round. Fold the dough into a half-moon shape, and making sure the filling doesn't squeeze out, press the edges together firmly with your fingers to seal them. The dough is pliable, so if there seems to be too much filling, you can stretch it a little bit to fit around it. Repeat until all of the dumplings are filled.

- Working in batches, boil the dumplings for 3 minutes and then drain, being careful that they don't tear. Set them aside on a tray lined with wax paper. (The dumplings can be covered and refrigerated for up to 1 day at this point.)
- Melt the butter in a large saute pan over medium-high heat. When the butter is frothy, add the dumplings so that they lie in a single layer. (You may have to do this in two or three batches, depending on the size of your pan.) Cook for just 1 to 2 minutes on each side, until they have a light golden brown sear and are slightly crispy.
- To serve, spread a generous spoonful of sour cream across the center of each plate. Follow with a spoonful of the lemon marmalade.
- Put the dumplings on top, and sprinkle with the dill.

## Nutrition Facts



### Properties

Glycemic Index:75.06, Glycemic Load:76.22, Inflammation Score:-10, Nutrition Score:49.211304021918%

### Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg Kaempferol: 5.08mg, Kaempferol: 5.08mg, Kaempferol: 5.08mg, Kaempferol: 5.08mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 11.08mg, Quercetin: 11.08mg, Quercetin: 11.08mg, Quercetin: 11.08mg

### Nutrients (% of daily need)

Calories: 992.86kcal (49.64%), Fat: 48.11g (74.01%), Saturated Fat: 23.54g (147.12%), Carbohydrates: 116.42g (38.81%), Net Carbohydrates: 108.15g (39.33%), Sugar: 7.69g (8.54%), Cholesterol: 158.95mg (52.98%), Sodium: 1696.06mg (73.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.79g (51.59%), Vitamin K: 305.52µg (290.97%), Vitamin A: 7213.47IU (144.27%), Folate: 402.88µg (100.72%), Manganese: 1.77mg (88.6%), Vitamin C: 64.56mg (78.26%), Vitamin B1: 1.17mg (77.81%), Vitamin B2: 1.32mg (77.7%), Selenium: 52.11µg (74.45%), Iron: 8.95mg (49.73%), Vitamin B3: 9.22mg (46.09%), Phosphorus: 460.25mg (46.03%), Vitamin B6: 0.87mg (43.45%), Potassium: 1328.75mg (37.96%), Calcium: 376.77mg (37.68%), Magnesium: 134.36mg (33.59%), Fiber: 8.26g (33.06%), Vitamin E: 3.62mg (24.17%), Copper: 0.45mg (22.73%), Zinc: 3.3mg (21.99%), Vitamin B5: 1.88mg (18.77%), Vitamin B12: 0.9µg (15.02%), Vitamin D: 0.71µg (4.77%)