

Beet dumplings

Ingredients:

4 servings

3 medium beets, cooked, peeled and pureed	Salt
6 cups white bread, cubes	Ground caraway, ground coriander
1.5 medium onion	100 g feta
4 cloves garlic	Chive
4 egg yolks	Parmesan

Directions:

- 1 Chop onions and sweat them in the pan. Add the garlic.
- 2 Mix all the ingredients (except for the feta) to a dough and let rest for about one hour.
- 3 Form small dumplings and fill with feta cheese.
- 4 Cooking the dumplings in water takes the red of the beets away. Better to steam them. If you have no steamer, fill a pot with a bit of water, put the dumplings into a large stainer and steam over the water.
- 5 Serve dumplings with parmesan and chive.

Hint: serve with green salad.

Nutrition (per serving):

Energy	296 kcal
Fat	11.7 g
Carbohydrates	33.7 g
Fibre	3.8 g
Protein	12.8 g
Sodium	661.2 mg

Tbsp...Table spoon
tsp...Tea spoon
Cup...240 ml