Low-Fat Potato Knish

Description

Knishes are baked or fried pockets of pastry dough made with a variety of fillings. A common feature of Jewish cuisine from the Eastern European region. If you're from New York, you probably know and love a good knish. Here's a low-fat version of a delicious potato knish.



Summary

Yield: 4
Prep Time: 1 hour
Category: Appetizers
Cuisine: Jewish

Ingredients

- 6 medium russet potatoes
- 2 1/2 tbsp margarine
- 1/4 brown onion, minced
- 3 tbsp fat-free chicken broth
- 1/2 tsp kosher salt to taste
- 1/8 tsp ground black pepper to taste
- 6 sheets phyllo dough
- 1 tbsp chives, finely chopped

Instructions

1. Peel potatoes, cut in half and boil until tender, about 15 to 20 minutes. When cooked, mash potatoes in a large mixing bowl.

2. Saute onion in 1 1/2 tbsp of margarine until translucent, but not brown. Add onions to mashed potatoes with broth, salt, pepper and chives. Mix thoroughly.

3. Melt remaining tbsp of margarine. Pre-heat oven to 375 degrees.

4. Prepare a layer of 3 sheets of phyllo dough and cut the stack in half. Repeat with the remaining 3 sheets (prepare a second stack of 3 sheets and cut in half).

5. Spoon 1 cup of potato mixture on each section of phyllo, mold into a large ball and postition off-center at one end of the strip of dough. Roll ball along the length of phyllo, folding dough over bottom of filling and leaving some filling poking through the top. Trim and discard any excess dough.

6. Brush melted margarine over edges of knish to seal the seams and press down onto an ungreased baking sheet. Repeat with other 3

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knishes.

4. Bake 30 to 40 minutes, until golden brown.

Makes 4 knishes.