Kartoffeln (German Potato Dumplings)
Serves 6-8
Try this German side dish with Sauerbraten, a slow cooked beef in a rich gingersnap sauce.

Ingredients:
2 large russet potatoes, peeled and cut into 1-inch cubes
1 cup flour
1 large egg
¼ teaspoon salt
¼ teaspoon ground nutmeg

Directions:
1. Bring a large pot of water to a boil. Cook potatoes until tender, about 15 minutes. Drain well.
2. In a medium bowl mash the potatoes. Add the flour, egg, salt and nutmeg.
3. Roll potato mixture into 2-inch wide balls (about 12-16). If it's really sticky add a little more flour.
4. Bring a large pot of water to a boil. Drop dumplings into water, cover and simmer about 15 minutes, until cooked through.

Nutritional Information per two dumplings:
Calories: 182   Carbohydrates: 37g
Total Fat: 1g   Cholesterol: 37mg
Saturated Fat: 0g   Dietary Fiber: 2g
Protein: 6g   Sodium: 114mg