

Down-Home Dumplings

(Note: This recipe is designed to accompany a thick meat-and-vegetable dish, like a stew.)

Yield: 6 servings (2 dumplings each)

Ingredients:

1½ cups all-purpose flour
½ cup white cornmeal
1 tablespoon baking powder
½ teaspoon each--salt and white pepper
1 teaspoon dried thyme, crumbled
1 cup plus 3 tablespoons half-and-half

Procedure:

In large mixing bowl sift together the flour, cornmeal, baking powder, salt, pepper and thyme. Using a fork, stir in half-and-half until dough is just blended. With a large soup spoon, scoop out 12 dumplings and arrange over stew-like mixture. Simmer stew and dumplings, covered, for about 10 to 15 minutes. (Dumplings are done when a wooden pick inserted in center comes out clean.)

about 225
calories and 6
grams of fat per
two-dumpling
serving

A serving of Down-Home Dumplings also provides 1 gram of fiber, 20 percent of the daily calcium recommendation and 15 percent of the daily iron recommendation. To increase the fiber content, consider substituting whole wheat flour for part of the all-purpose.



Recipe name