

## **Diet**

The diet of the Poles has traditionally been very high in fats and carbohydrates and, as such, is not very healthy. In fact, Eastern Europeans have the highest rate of heart disease on the planet. Staple foods are pork, bread, sausages, dumplings, beets, cabbage, mushrooms, and cucumbers.

## **Healthy recipe**

### **Spinach perogies (serves 4-6)**

#### *Ingredients*

2 cups cooked chopped spinach  
2 cloves garlic, peeled and crushed  
12 Nasoya (all natural) wonton wrappers  
½ cup crumbled feta cheese  
Water

#### *Directions*

1. Drain and cool the cooked spinach, squeezing out as much water as possible. Add the crushed garlic to the spinach.
2. Toss feta cheese into the spinach mixture.
3. Spoon a heaping tsp. of the spinach/feta mixture onto each wonton wrapper. (Save any leftover spinach for future perogies.)
4. Fold each wonton wrapper over the filling to form a triangle. Press to seal edges.
5. Cook perogies in a large pot of boiling water for 4 minutes or until they float.
6. Serve with sauerkraut and pea soup.