



# Lenten Recipe Ideas



### Spring Time Pierogy Stir Fry

- 1 bag (72 count) Mrs. T's® Pierogies
- 1/4 to 1/2 Cup olive oil
- 2 to 4 Cups sliced asparagus, yellow squash, carrots, & onions
- 1 to 2 Tablespoons season salt
- 1 Tablespoon pepper
- Fresh grated Parmesan Cheese



Cook pierogies in boiling water until hot, 5 to 6 minutes. Sauté vegetables and seasonings in oil until heated. Place pierogies & vegetables into a large container and mix gently. Top with freshly grated Parmesan cheese.

### Pesto Pierogies

- 1 bag Mrs. T's® Pierogies
- 3 to 4 cups Pesto sauce
- 2 to 4 cups sliced asparagus (optional)



Place pierogies in boiling water until hot, 5 to 6 minutes. Add asparagus for the last 3 minutes, if desired. Heat Pesto to desired temperature. Place all ingredients into a large container and mix gently to combine.



### Spicy Tomato Pierogies

- 1 bag Mrs. T's® Pierogies
- 1/4 cup olive oil
- 1 to 2 Tablespoons ground cumin
- 1 to 2 Tablespoons crushed red pepper
- 4 to 5 cups canned diced tomatoes
- 1 Tablespoon salt



Place pierogies in boiling water until hot, 5 to 6 minutes. Saute spices in oil until fragrant, about 30 seconds. Add tomatoes and saute until hot, about 5 to 10 minutes. Place all ingredients into a large container and mix gently to combine.