

Curry Potato Puffs

Any Play-Doh-loving kid will have a blast making these potato-and-spice-filled puffs.

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| 1 tbsp. canola oil, plus additional if frying | 2 medium red potatoes, cooked, peeled and cubed |
| ¼ cup onion, chopped | |
| 1 tsp. coriander | ⅓ cup peas |
| 1 tsp. curry powder | 1 tsp. salt |
| ½ tsp. cumin | ⅓ cup milk |
| 4 oz. ground beef, chicken or turkey (optional) | 1 8.5-oz. sheet of frozen puff pastry, thawed |
| | Black pepper, to taste |

1. Heat oil in a skillet over medium heat. Add onion, coriander, curry powder and cumin, stirring to mix well. If using ground meat, add to skillet, breaking it up with a fork or a spatula. Cook for 2 minutes.
2. Add potatoes and peas. Stir with a spoon or spatula to coat well with spices, making sure not to mash the potatoes.
3. Season with black pepper to taste.
4. Reduce heat to medium-low and cook for 2 minutes.
5. Add salt and milk, stirring once to mix and cook for 1 minute. Remove from heat and set aside to cool while preparing the puff pastry.
6. Cut puff pastry into three equal rectangles. Using a rolling pin, roll each piece into a 16" long by 4" wide rectangle (the rolling pin and surface do not need to be floured).

Cut each strip of puff pastry into four equal squares for a total of 12 pieces.

7. Dip a pastry brush in cold water and brush it along the outer edge of each square. Place a heaping tablespoon of potato filling in the center of each. Fold each in half, making sure filling stays inside, and press to seal ends. Roll ends to make a decorative scalloped edge.
8. Fill a deep skillet with 1" of oil and place over medium-low heat. Fry filled puffs in batches until golden, 1 to 2 minutes per side. Alternately, you can preheat oven to 400°F, place filled puffs on an ungreased baking sheet, and bake for 15 minutes or until browned, turning them halfway through. Serve hot.

MAKES 12 PUFFS *Per puff: calories 174, fat 5g, protein 10g, carbohydrates 17g, dietary fiber 2g*

