



## **Vegetarian Knishes**

▶ Baking Time: 20 minutes

### **Ingredients:**

#### **Dough:**

1½ cups mashed potatoes  
½ tsp. salt  
3 Tbsp. fresh ground flaxseed  
1 cup whole wheat pastry flour  
2 cups all-purpose unbleached flour  
2 Tbsp. canola oil  
\*7 tablespoons cold water

#### **Filling:**

1¾ cups finely chopped onions  
1 tsp. olive oil  
2½ cups mashed potatoes  
2 Tbsp. fresh ground flaxseed  
1 tsp. salt  
⅛ tsp. black pepper  
½ c strong cheese (optional)

#### **Procedure:**

In a medium mixing bowl, combine the mashed potatoes, ½ teaspoon salt, and 3 tablespoons ground flaxseed. Add the flours, canola oil, and water.

To make the filling, cook the onions in the olive oil until browned. Combine them in a bowl with the 2½ cups mashed potatoes, 2 tablespoons fresh ground flaxseed, salt, and pepper.

Preheat the oven to 350°F.

Divide the dough in half. Roll out each half on a lightly floured surface until thin. Cut across and down to make 3½ inch x 3-inch rectangles.

Place a heaping tablespoon of filling in a long thin line down the middle of each piece of cut dough. Fold up the ends and roll up so you can pinch to seal the edges. Place on a cookie sheet about 1 inch apart, and bake for 20 minutes.

