

# ZUCCHINI & CARROT KUGEL

## INGREDIENTS

- 6** Zucchini (large) (ends cut off) (remaining ends rubbed to remove bitterness) (washed) (grated)
- 3 C** Carrots (peeled) (ends cut off) (grated)
- 3 C** Onions (peeled) (ends cut off) (grated)
- 1/2 C** Egg substitute
- 2 C** Oatmeal (might have to add more)
- Garlic Salt
- Non-stick cooking spray
- Garlic spray

## COOKING INSTRUCTIONS

- 1** Mix all the ingredients together in a bowl except the sprays & store covered in the refrigerator for an hour
- 2** Preheat oven to 400 F & spray a rectangular 13 X 9 inch pyrex dish with non-stick cooking spray & garlic spray
- 3** Place mix in the pan & spray the top with the non-stick cooking spray & then the garlic spray
- 4** Bake until feels solid when you press down with a 'soup' size spoon (30 - 45 minutes)
- 5** You can serve right away if you're serving it 'whole'

## NOTE

If you want to serve this as individual squares, then allow the kugel to cook & refrigerate for at least 2 hours before cutting it into squares

