## **ZUCCHINI & CARROT KUGEL**

## INGREDIENTS

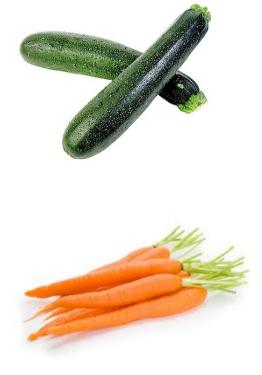
- 6 Zucchini (large) (ends cut off) (remaining ends rubbed to remove bitterness) (washed) (grated)
- **3 C** Carrots (peeled) (ends cut off) (grated)
- **3 C** Onions (peeled) (ends cut off) (grated)
- 1/2 C Egg substitute
- 2 C Oatmeal (might have to add more) Garlic Salt Non-stick cooking spray Garlic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











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