

spinach and carrot kugel

Serves: 8 (1 cup)

Prep and Cook time: 55 min

Per serving: 104 calories, 3.2 g fat, 42 mg sodium

2 tsp olive oil

1/2 cup apple juice

1/4 tsp ground black pepper

1 (12-oz.) package noodles

2 carrots, shredded

2 cups frozen chopped spinach, thawed

3 eggs

1/4 cup diced red bell pepper (optional)

1. Preheat oven to 375° F. Lightly oil a 9x13-inch baking dish. Prepare noodles al dente according to package directions. Drain well and set aside.

2. In a large bowl, combine eggs, apple juice, and remaining olive oil. Whisk briskly. Stir in shredded carrots, bell pepper, and black pepper.

3. Place noodles in the bottom of the baking dish. Top with spinach. Pour egg-vegetable mixture over noodles and spinach. Stir gently. Bake 45 minutes. Cool slightly before serving.

Vary It! Top the kugel with your favorite cheese about 15 minutes before the end of the baking time. Swiss cheese is especially good with this vegetable mix. You can also add in some mushrooms for even more nutrition!

