



CAULIFLOWER KUGEL

By Dr. Cindy Tanzar
(Standard, Ovo-Vegetarian, Maintenance Plans)

Kugel is a traditional Jewish baked casserole, commonly made with egg noodles or potatoes, then mixed with ingredients like eggs, cottage cheese or sugar. It can be either sweet or savory and is often served during holidays or special occasions.

This recipe lets you enjoy the flavor of kugel without the weight gain!
Makes 4-5 servings. One serving of this recipe is 1-1/4 cups and covers your vegetable and 1/2 fat for one meal.



INGREDIENTS

- One large onion
- One medium head of cauliflower
- 5 large eggs
- 1 Tbsp fresh thyme or oregano (or 1 tsp dried)
- 1 tsp. pink Himalayan salt



1/2 tsp. black pepper
1/2 tsp. sweet paprika
1/4 cup + 2 Tbsp extra-virgin olive oil

INSTRUCTIONS

Preheat oven to 350°F. Brush a 9 x 13 baking dish with 1 tablespoon of olive oil and place it in the oven for at least 5 minutes.

Cut the cauliflower in half through the bottom core. Place one half cut side down on a cutting board, slicing long, thin slices from top to bottom. They won't all stay together, so don't mind if it crumbles some. Continue with the other half. Set aside a few of the more decorative pieces to put on the top.

Over a large bowl, use a box grater to large shred the onion. In a small bowl, whisk the eggs until foamy, then add the 1/4 cup of oil, whisking until well combined.

Pour the eggs into the onion and mix. Add salt, pepper, paprika, and thyme or oregano. Add cauliflower (reserving the nicer pieces) and mix until thoroughly coated with the eggs.

Carefully remove the hot pan from the oven and pour in the kugel mixture. Place the reserved cauliflower pieces on top of the mixture, gently nestling them down into the kugel for a pretty presentation. Drizzle the remaining 1 tablespoon of olive oil over the dish.

Bake for 1 hour and 15 minutes.