



## **TZIMMES (Carrot and Yam Casserole)**

**Intermediate Lifestyle**

### **Ingredients**

1 finely chopped onion  
3 cups carrots, sliced in rounds  
2 large peeled and cubed yams  
1/2 TSP Morton's Lite (50% less sodium)  
Pinch of pepper  
1/2 cup honey  
2-1/2 cups water  
1/4 cup matzo meal  
1/4 cup potato starch  
cold water  
1/2 cup drained, canned pineapple chunks (optional for Advanced Lifestyle)

### **Instructions**

1. Preheat oven to 200°.
2. Combine the first 7 ingredients in a covered oven casserole. Cover and bake 2-1/2 to 3 hours. Shake occasionally to prevent sticking, but do not stir. (You don't want to end up with a mush!)
3. Remove some of the liquid and whisk together with the matzo meal, potato starch and cold water.\*
4. Add the thickened juices to the vegetable mixture. Bake uncovered until browned.

### **Portion-Per-Serving Information** (Yields 8 servings)

Serving = 1/2 cup = 1/2 V, 1 FR, 1 G

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\*Note: If you do want to add pineapple chunks, do so at this point. Make sure, then, to add the thickened juice that now includes the pineapple evenly over the casserole.