



## **MATZO, MUSHROOM & ONION KUGEL**

Intermediate Lifestyle

### **Ingredients**

10 (6-inch) matzo crackers	1/4 TSP freshly ground black pepper
2-1/2 cups fat-free, less-sodium chicken broth	3 garlic cloves, minced
1 cup hot water	2 (8-ounce) packages pre-sliced mushrooms
1/4 cup vegetable oil	2 TBS chopped fresh parsley
3 cups diced onion	4 large egg whites
2/3 cup grated carrot	2 large eggs
1 TSP salt	Cooking spray
1 TSP paprika	Parsley sprigs (optional)
1/2 TSP garlic powder	

### **Instructions**

1. Preheat oven to 375°.
2. Place matzo crackers in a single layer on a baking sheet; bake at 375° for 5 minutes or until lightly browned.
3. Break crackers into small pieces, and place in a large bowl. Pour chicken broth and water over matzo; let stand 10 minutes, stirring occasionally.
4. Heat oil in a large nonstick skillet over medium heat. Add onion; cover and cook 5 minutes, stirring occasionally. Add carrot and next 6 ingredients (carrot through mushrooms) to pan; cover and cook 5 minutes or until onion is tender. Add mushroom mixture and 2 TBS parsley to matzo mixture, stirring well.
5. Combine egg whites and eggs in a bowl; stir with a whisk. Add egg mixture to matzo mixture; stir well.
6. Press matzo mixture into a 10-inch deep-dish pie plate coated with cooking spray. Bake, covered, at 375° for 20 minutes. Uncover and bake an additional 18 minutes or until lightly browned. Let kugel stand for 5 minutes, and cut into wedges. Garnish with parsley sprigs, if desired.

**Portion-Per-Serving Information** (Serves 12):