

EGGPLANT KUGEL

INGREDIENTS

- 2 Eggplants (large)
- 4 Onions (medium) (sliced)
- 2 Peppers (large) (1 yellow, 1 red) (seeded) (chopped)
- 2 C Quinoa flour **OR** Oatmeal (1 minute type)
- 1 C Falafel **OR** Schwarma seasoning
- 1 C Egg substitute
- Salt & pepper to taste (optional)
- Non-stick cooking spray
- Garlic spray
- Mozarella Cheese (low fat) (grated) (optional)



COOKING DIRECTIONS

- 1 Spray skillet with non-stick cooking spray & then with the garlic spray
- 2 Add onion slices & peppers spraying the tops with garlic spray
- 3 Saute on medium-high heat tossing every few minutes until lightly browned **not blackened**
- 4 Pre-heat oven to 450 F & line a baking sheet with foil
- 5 Poke holes in the eggplants with a fork - once on each end & 3 times on each side
- 6 Roast eggplant until it collapses (25 minutes) & then allow to cool
- 7 Scoop out flesh & discard the skins
- 8 Process the eggplant together with the browned onions & peppers
- 9 Place eggplant mix in a bowl & add remaining ingredients except cheese mixing thoroughly
- 10 Allow mix to chill for 30 minute if using quinoa flour & 60 minutes if using oatmeal
- 11 Pre-heat oven to 400 F
- 12 Spray rectangular pyrex dish with non-stick cooking spray & add eggplant mix using the back of a tablespoon or a dinner knife to make sure top is even
- 13 If you aren't putting cheese on top, bake for 60 minutes **OR** until top is very firm
- 14 If you are putting cheese on top, bake for 45 minutes without it & then put it on sparingly for the last 15 minutes

NOTES

- 1
- 2 This kugel freezes well
You could also make Eggplant Timbales with this recipe

