ZUCCHINI KUGEL

INGREDIENTS

5	Zucchini (medium)
2 T	Olive oil
	Salt & pepper (to taste)
1 C	Egg substitute **OR** 4 eggs
2 t	Lemon zest
1 T	Basil (chopped)
1 T	Mint (chopped)
1/2 C	Falafel mix
1 t	Salt (taste to see if needed)
1 t	Pepper to taste to see if needed)
	Non-stick cooking spray

DIRECTIONS

1 Using a spiralizer make long noodles out of zucchini.

2 Heat 1-2 Tbsp olive oil in a large saute pan over medium heat

3 Saute zucchini in batches until soft & slightly translucent (3-4 minutes)

4 Add a pinch of salt & pepper with each batch

5 Place the cooked zucchini in a colander, drain excess liquid & squeeze out as much as possible

6 Preheat oven to 350 F

7 Spray a 9 X 13 baking dish with non-stick cooking spray **OR** a little olive oil

8 Place the dish in the oven to heat it while you prepare the remaining ingredients

9 In a large bowl whisk the egg substitute, mint, basil, salt, pepper & falafel mix

10 Add zucchini & stir gently until completely mixed

11 After oil has heated in pan (5-10 minutes) add zucchini mixture to pan

12 Using a spatula or the back of a spoon smooth out top

13 Bake for 45 - 55 minutes **OR** until edges are crispy & the kugel set in the middle

14 If you did add oil on top of the non-stick cooking spray, you may need to drain off the excess oil & bake the kugel for an additional 5 - 10 minutes

15 Allow kugel to cool for at least 20 minutes before cutting

16 This kugel can be served at room temperature or warm

MINT LEAVES