

YERUSHALMI KUGEL

INGREDIENTS

- 12 oz Egg noodles (fine)
- 4 Eggs
- 1 t Salt
- 2 t Black pepper
- 1 1/2 C Splenda for baking cup for cup
- 1/2 C Healthy oil
- Non-stick cooking spray



DIRECTIONS

- 1 Cook egg noodles according to the package directions
- 2 Strain & set aside to cool
- 3 Pre-heat oven to 350 F
- 4 In a 1 qt pot, dissolve the sugar substitute & oil over a low heat
- 5 Cook until the sugar turns medium brown, stirring occasionally (20 minutes)
- 6 Immediately pour caramelized sugar over cooled noodles & stir with a wooden spoon to separate lumps
- 7 Don't worry if some lumps remain, they'll melt during the baking process
- 8 Allow to cool at room temperature
- 9 Add the egg substitute, salt & pepper to the noodle mix & mix well
- 10 Spray a 13" X 9" pan with non-stick cooking spray & pour the mix into it
- 11 Bake for 1 - 1 1/2 hours uncovered

NOTES

- 1 Not everyone can caramelize sugar correctly the first time they try
- 2 Not everyone succeeds when they use Splenda instead of real sugar or brown sugar
- 3 Some like to double the sugar & oil
- 4 The baking time depends on how crisp you like it

