

Savory Squash Souffle

Recipe By Elky Friedman



Cooking and Prep:  2 h

Serves:  10

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Passover, Shabbat

Diet: Gluten Free, Low Carb,
Sugar Free, Vegetarian,
Pescetarian

Source: Whisk by Ami
Magazine

About a year ago, my sister Tamar, a popular registered dietician in Lakewood, gave me this recipe. She has a repertoire of loads of healthful and delicious recipes and this one has been a staple in my home almost every Shabbos since she passed it along. It just so happens to be kosher l'Pesach. So here it is...from my table to yours. A light, healthy side dish...and everyone's favorite!

Ingredients (10)

Main ingredients

- 5 large yellow squash, cut into large chunks
- 1 tablespoon **Bartenura Olive Oil**
- 1 large Spanish onion, diced
- 1 (8-oz.) can of mushrooms (*optional*)

- 3 tablespoons **Gefen Light Mayonnaise**
 - 1 whole egg plus 2 egg whites
 - 1 teaspoon salt
 - 1/4 teaspoon pepper
 - 1/2 teaspoon onion powder
 - 2 cloves garlic, minced or 2 cubes **Gefen Frozen Garlic**
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Start Cooking

Make the Souffle

Yields 1 large souffle or 12 mini souffles.

1. Bring a large saucepan of water to a boil. Add squash and boil until squash is tender. (While the peel adds a nice color and texture, this will work just as well with peeled squash).
2. Using a sieve or colander, drain the water from the squash. Let squash sit in the sieve for 10 minutes to allow as much water to drip out as possible.
3. Meanwhile, heat olive oil in a sauté pan over medium heat. Add onion and sauté until translucent, about five to eight minutes. Add mushrooms (*optional*) and sauté an additional five minutes.
4. In a large bowl, combine onion/mushroom mixture with the squash. Add mayonnaise, egg, egg whites, salt, pepper, onion powder, and garlic. Mix well. Transfer mixture to a baking dish or individual ramekins.
5. Bake for 45 minutes, until squash is golden on top. Mini-soufflés will be ready in 25 minutes.