

Mock Lukshen Kugel

Recipe By *Faigy Grossman*



Cooking and Prep:  2 h

Serves:  8

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Passover

Diet: Pescetarian, Low Fat,
Low Carb, Vegetarian

Source: Family Table by
Mishpacha Magazine

An unbelievable hit! This low-carb, scrumptious kugel really had everyone fooled. The spaghetti squash looks just like fine noodles but is much tastier. This is one Pesach recipe I'll be making year round!

Ingredients (8)

Main ingredients

- 1 medium spaghetti squash, halved and seeded
- 1 large onion, diced
- oil, for frying
- 1 small red pepper, diced
- 4 ounces (113 grams) canned mushrooms, diced

- 3 large eggs
 - salt, to taste
 - black pepper, to taste
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Start Cooking

Prepare Kugel

1. Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius). Place spaghetti squash halves face down in 9x13-inch baking pan. Cover lightly with foil and bake for 45 minutes, or until strands separate easily with a fork. Remove from oven and cool 15 minutes.
2. Meanwhile, in a medium-sized frying pan, sauté onion in oil until golden. Add red pepper and sauté an additional five minutes until tender. Add mushrooms and sauté another five minutes.
3. With a large fork, scrape squash strands into a large mixing bowl. Add sautéed vegetables, eggs, salt, and pepper. Mix gently until all ingredients are well combined. Pour mixture into a greased 9-inch round pan and bake uncovered for one hour. Serve hot or room temperature.

Tip:

Reheat uncovered