


# Sweet Potato Kugel

Recipe By *Nitra Ladies Auxiliary*



**Cooking and Prep:**   
1.5 h

**Serves:**  8

**No Allergens**

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Passover

**Diet:** Vegetarian, Pescetarian,  
Gluten Free, Low Fat, Low  
Carb, No Refined Sugar, Paleo

**Source:** The Heimishe

Kitchen (Nitra Cookbook)

**Cuisines:** Ashkenazi

With no added sugar or starches, and an egg-free option, this kugel is a welcome healthy addition to the table.

## Ingredients (6)

### Main ingredients

- 6 medium sweet potatoes, cooked and mashed
- 1/4 cup oil
- 1/2 cup orange juice

1/4 cup **Baron Herzog Chenin Blanc** or other wine

3/4 teaspoon salt

3 eggs *(optional)*

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## Start Cooking

### Prepare the Kugel

1. Combine all ingredients.
2. Bake in a 9- x 13-inch baking pan for one and a half hours at 375 degrees Fahrenheit.

### Credit

Photography and Styling by Surie Lipschitz