



HEALTHY SPINACH KUGEL

Ingredients

- 2 boxes frozen spinach, thawed
- 3 eggs
- 3 tablespoons olive oil mayonnaise
- 1 fried onion
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Himalayan sea salt or sea salt
sprinkle freshly ground pepper

Directions

Combine all ingredients together and pour into a 9-inch square baking pan. Bake at 350 for one hour. The top should be browned and corners crusty.

Gourmet Kosher Cooking



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