



## 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



SHARSHERET

NATIONAL OFFICE  
1086 Teaneck Road, Suite 2G  
Teaneck, New Jersey 07666

T | 866.474.2774  
E | [info@sharsheret.org](mailto:info@sharsheret.org)  
[www.sharsheret.org](http://www.sharsheret.org)