

Israeli Potato Kugel Pudding

Gayle Masters

Unitarian Universalist Fellowship of Vero Beach, FL 2000Jeanette Webber

Servings: 6

*6 medium potatoes, peeled
and grated*

4 to 5 ribs celery, chopped

2 onions, grated

1 carrot, grated

4 eggs

1 cup flour

3/4 teaspoon salt

1/2 teaspoon pepper

1/2 teaspoon celery salt

vegetable oil spray

Preheat the oven to 375 degrees.

Peel and grate the potatoes. Strain out as much of the liquid as possible.

In a bowl, combine the potatoes, celery, onions, carrot, eggs, flour, salt, pepper and celery salt.

Spray two pie plates with vegetable spray. Heat the pie plates. Pour the batter evenly into the plates.

Bake for 45 minutes until golden brown.

Serve in wedge slices.

Per Serving (excluding unknown items): 246 Calories; 4g Fat (13.8% calories from fat); 10g Protein; 44g Carbohydrate; 4g Dietary Fiber; 141mg Cholesterol; 481mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fat.