



<b>Brick</b>	<b>Marlboro</b>	<b>Oakhurst</b>	<b>Brooklyn</b>	<b>Cedarhurst</b>
<b>732.903.7700</b>	<b>732.536.2027</b>	<b>732.663.0222</b>	<b>718.998.8898</b>	<b>516.569.6400</b>

<b>MATZO, MUSHROOM &amp; ONION KUGEL</b>	<b>Intermediate Lifestyle</b>
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**Ingredients**

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| 10 (6-inch) matzo crackers                     | 1/4 TSP freshly ground black pepper       |
| 2-1/2 cups fat-free, less-sodium chicken broth | 3 garlic cloves, minced                   |
| 1 cup hot water                                | 2 (8-ounce) packages pre-sliced mushrooms |
| 1/4 cup vegetable oil                          | 2 TBS chopped fresh parsley               |
| 3 cups diced onion                             | 4 large egg whites                        |
| 2/3 cup grated carrot                          | 2 large eggs                              |
| 1 TSP salt                                     | Cooking spray                             |
| 1 TSP paprika                                  | Parsley sprigs (optional)                 |
| 1/2 TSP garlic powder                          |   |

**Instructions**

1. Preheat oven to 375°.
2. Place matzo crackers in a single layer on a baking sheet; bake at 375° for 5 minutes or until lightly browned.
3. Break crackers into small pieces, and place in a large bowl. Pour chicken broth and water over matzo; let stand 10 minutes, stirring occasionally.
4. Heat oil in a large nonstick skillet over medium heat. Add onion; cover and cook 5 minutes, stirring occasionally. Add carrot and next 6 ingredients (carrot through mushrooms) to pan; cover and cook 5 minutes or until onion is tender. Add mushroom mixture and 2 TBS parsley to matzo mixture, stirring well.
5. Combine egg whites and eggs in a bowl; stir with a whisk. Add egg mixture to matzo mixture; stir well.
6. Press matzo mixture into a 10-inch deep-dish pie plate coated with cooking spray. Bake, covered, at 375° for 20 minutes. Uncover and bake an additional 18 minutes or until lightly browned. Let kugel stand for 5 minutes, and cut into wedges. Garnish with parsley sprigs, if desired.

**Portion-Per-Serving Information** (Serves 12):

Serving = 1 wedge (1/12 of recipe) = 1 V, 1 G, 1/2 FT