



www.weightnomoredietcenter.com

Brooklyn, NY 718.998.8898	Cedarhurst, NY 516.569.6400	Oakhurst, NJ 732.663.0222	Marlboro, NJ 732.536.2027
------------------------------	--------------------------------	------------------------------	------------------------------

TZIMMES (Carrot and Yam Casserole)	Intermediate Lifestyle
---	-------------------------------

Ingredients

- 1 finely chopped onion
- 3 cups carrots, sliced in rounds
- 2 large peeled and cubed yams 1/2 TSP Morton's Lite (50% less sodium) or salt substitute
- Pinch of pepper
- 1/2 cup honey
- 2-1/2 cups water
- 1/4 cup matzo meal
- 1/4 cup potato starch
- cold water
- 1/2 cup drained, canned pineapple chunks (optional----for Final Lifestyle)

Instructions

1. Preheat oven to 350°.
2. Combine the first 7 ingredients in a covered oven casserole. Cover and bake 2-1/2 to 3 hours. Shake occasionally to prevent sticking, but do not stir. (You don't want to end up with a mush.)
3. Remove some of the liquid and whisk together with the matzo meal, potato starch and cold water.*
4. Add the thickened juices to the vegetable mixture. Bake uncovered until browned.

Portion-Per-Serving Information (Serves 8):

Serving = 1/2 cup = 1/2 V, 1 FR, 1 G

***Note:** If you do want to add pineapple chunks, do so at this point. Make sure, then, to add the thickened juice that now includes the pineapple evenly over the casserole.