



Broccoli - Mushroom Kugel

- 2 T. olive oil
- 1 onion, chopped
- 1/2 lb. mushrooms, sliced
- Juice of 1 lemon
- 1 t. salt
- 1 t. dried basil
- 2 cups non-fat sour cream
- 2 medium stalks broccoli, broken into florets & stems cut into pieces
- 12 oz. spinach fettuccine or egg noodles, cooked
- 1 cup shredded Cheddar cheese
- 1 cup shredded Jack cheese
- 1/2 cup unsalted sunflower seed kernels

1. In a large pan over medium-high heat, add the olive oil and saute the onions and mushrooms for 10 minutes, stirring occasionally. Take off the heat.

2. To the pan, add the lemon juice, salt, basil and sour cream. Mix well. Then add the broccoli, noodles, and 1/2 of the Cheddar and Jack cheese. Mix well, making sure that the noodles are completely coated in the sauce.

3. Place in a large casserole dish. Sprinkle the rest of the cheeses on top, then the sunflower seeds. Place cover on top and bake in a pre-heated 350°F. oven for 30 minutes.

4. After the 30 minutes, take the lid off the dish and let the kugel brown in the oven for another 5-10 minutes.