



Zucchini Kugel

Instructions:

Coat a large frying pan with 8 seconds of Pam.

Sauté the onion and garlic on medium heat for 10 minutes.

Add the zucchini and sauté for another 10 minutes.

Add the salt & pepper.

Place the zucchini mixture into a large bowl and allow to cool for 10 minutes.

Add the egg whites and stir.

Coat a tin pan with 5 seconds of Pam.

Pour the mixture into the pan.

Bake on 350 for 45 minutes or until fully set.

Prep Time:

5 minutes

Cook Time:

1 1/4 hours

Ingredients:

3 medium zucchinis -
sliced thinly

6 egg whites

1 medium onion - chopped
finely

2 cubes garlic

salt & pepper to taste

Pam

Unlimited on the lean protein diet