



## Broccoli Kugel

### Instructions:

Cook the broccoli to a boil according to package instructions. Drain the water.

Simmer the onion in a bit of water until clear. Add to broccoli. Add egg, egg whites, and salt & pepper. Mix well.

Pour the mixture into a tin that is coated with 3 seconds of Pam. Sprinkle with corn flake crumbs.

Bake uncovered at 400 for 45 minutes or until lightly browned.

**Serves 4**

**1/4 of the kugel counts as 1 dinner side**

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**Prep Time:**

5 minutes

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**Cook Time:**

1 hour

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### Ingredients:

32 oz. frozen broccoli cuts

1 onion - diced

1 egg

3 egg whites

2 TBSP. corn flake crumbs

Pam