

Potato Kugel

This recipe is a good source of vitamin A which keeps eyes and skin healthy.

Ingredients:

5-6 large **potatoes**, peeled
4-5 large **carrots**, peeled
1 large **onion**
2 cloves **garlic**
1 cup **powdered milk**
2 **eggs**, slightly beaten
1 teaspoon **salt**
1/4 cup **bread crumbs**
1/4 cup **vegetable oil**

Directions:

1. Grate the potatoes, carrots and onion into a large bowl. If the mixture is very wet, drain off some of the moisture.
2. Mix in the garlic, powdered milk, eggs, salt, bread crumbs, and oil.
3. Spread the mixture into a prepared 9 x 13 inch pan.
4. Bake at 350 degrees for 45 minutes, or until a knife inserted in the middle comes out clean.
5. Cover with 2 cups grated cheddar cheese and bake for another 5 minutes, or until the cheese has melted.
6. Cut into squares.
7. Serve hot or cold.
8. Refrigerate leftovers within 2-3 hours.

Tips:

| Nutrition Facts | | | |
|---|-----------------------------|------------------|-------------|
| Serving Size 1 square (139g) | | | |
| Servings Per Container 16 | | | |
| Amount Per Serving | | | |
| Calories 150 | Calories from Fat 35 | | |
| % Daily Value* | | | |
| Total Fat 4.5g | | | 7% |
| Saturated Fat 0.5g | | | 3% |
| Trans Fat 0g | | | |
| Cholesterol 25mg | | | 8% |
| Sodium 210mg | | | 9% |
| Total Carbohydrate 25g | | | 8% |
| Dietary Fiber 2g | | | 8% |
| Sugars 4g | | | |
| Protein 5g | | | |
| Vitamin A 80% | • | Vitamin C 15% | |
| Calcium 8% | • | Iron 4% | |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small> | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less Than | 65g | 80g |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| <small>Calories per gram:</small> | | | |
| | Fat 9 | • Carbohydrate 4 | • Protein 4 |

16 servings, 1 square each

Source: Beth Quist OFNP Program Assistant Tillamook County OSU Extension Office
For more recipes and other resources on eating well for less, see our web site at: <http://www.healthyrecipes.oregonstate.edu>