

Zucchini Kugel/Quiche

Ingredients:

1. 4 zucchinis, shredded; squeeze out excess moisture
2. 1 medium onion
3. 1 medium gold potato
4. 2 cloves of garlic cloves
5. 1 handful of parsley
6. 2 teaspoons salt
7. 1/2 teaspoon black pepper
8. 1/4 teaspoon white pepper
9. 1 tsp dried dill
10. 2 tsp ground flax meal
11. 1/2 teaspoon baking powder
12. 1 tablespoon corn or potato starch

Directions:

In a food processor, ingredients 2 through 5 and process using blade until finely processed



In a large bowl combine zucchinis, potato mixture and the remaining ingredients and stir well to combine

Place in muffin tins or pain and Bake at 375F for 40 minutes and allow to cool before serving