

# Potato Kugel

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## Ingredients:

1. 8 medium potatoes, peeled
2. 5 tablespoon ground flax seed (flax meal)
3. 3/4 cup water
4. 1 medium onion
5. 1/2 tbsp salt (to taste)
6. 1/4 tsp black pepper
7. 1/4 tsp white pepper

## Directions:

Preheat oven to 400F

Mix water and flax together and let rest for 5 minutes

Process 1 potato and the onion in a food processor to a fine paste; place in large mixing bowl

In food processor, using the shredding disk, shred the remaining potatoes and strain out some of the liquid

Combine all ingredients, including the flax mixture, salt, and pepper and mix well

Transfer to 8x11 baking dish lined with parchment paper

Bake at 400F for 45 minutes

After the bake, broil for 5-10 minutes until golden brown

