

## **Apple Noodle Kugel**

From the American Institute for Cancer Research

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### **Ingredients**

- Canola oil cooking spray
- 12 oz. wide egg noodles (preferably whole-wheat)
- 4 Tbsp. unsalted dairy and trans-fat free margarine, divided
- 2/3 cup sugar
- 1 tsp. ground cinnamon
- 1½ tsp. vanilla extract
- 4 eggs, beaten (or 3 whole eggs plus 2 egg whites)
- 1/3 cup vanilla soy milk
- 1/2 cup raisins
- 4 – 5 medium apples, such as Winesap, Mutsu, Honeycrisp, Northern Spy, Pink Lady, cored, peeled and sliced thin
- 1/4 cup chopped dates, optional
- 1/2 cup walnut pieces, optional
- 1/2 tsp. cinnamon mixed with 2 Tbsp. sugar, optional

### **Instructions**

1. Preheat oven to 350 degrees F. Coat large casserole dish or 9 x 13-inch pan with cooking spray.
2. Boil water to cook noodles according to package directions, but do not cook entirely – just until noodles begin to get soft. Drain in colander and place in large bowl. Add to noodles two teaspoons margarine to prevent clumping. Set aside.
3. Melt remaining margarine in microwave. In bowl large combine melted margarine, sugar, cinnamon and vanilla extract. Beat in eggs, one at a time until volume has doubled. Add soy milk, raisins, sliced apples and dates and walnuts, if using. Add noodles.
4. Pour noodle mixture into prepared casserole dish. Sprinkle with cinnamon and sugar mixture if using.
5. Bake uncovered for 40 to 45 minutes, until kugel is firm, sides pull away and top is golden brown. Allow to cool and set before slicing.
6. Kugel may be made a day ahead and stored in refrigerator.

**Makes 12 servings**

**Nutrition information per serving**

Calories: 250	Dietary Fiber: 2 g
Total Fat: 6 g	Sodium: 35 mg
Saturated Fat: 2 g	Protein: 7 g
Cholesterol:	Carbohydrates: 43 g