



Lithuanian Kugelis Potato Casserole

Healthy Edge for a Family Favorite

Preheat oven to 350 degrees F.

Coat 9-1/2 inch square baking dish or nonstick pan with 2 Tablespoons olive oil.

Caramelized Onions

2 Tablespoons olive oil

1 Tablespoon unsalted butter

2 medium sized onions, peeled, sliced

Prepare Onions: Place 2 Tablespoons oil and butter in 10 inch iron skillet over medium heat, add onions, sauté over until golden brown and caramelized about 15 minutes; stir occasionally. Set aside to cool.

Potato Mixture

5 red or gold potatoes, peeled, cut into chunks

1 teaspoon salt

1/8 teaspoon black pepper

1/2 cup evaporated milk

2 eggs

1 Tablespoon olive oil

2 to 4 Tablespoons all purpose flour

8 Tablespoons water or low fat milk

Serve with: Unsweetened applesauce, plain yogurt, or sour cream.

Garnish: minced parsley as desired

*Use organic ingredients if available

Place the potatoes in the food processor, chop into coarse pieces; add caramelized onions, process to coarse grate mixture. Mix in salt, black pepper, milk, eggs, oil, flour, and half of water. Mixture shouldn't be too thick. Add remaining water or more milk if needed.

Spoon potato mixture into the prepared baking dish. Bake in preheated 350 degree oven for about 60 to 70 minutes or top is a rich golden color.

Cool at least 5 to 10 minutes. If desired, carefully turn upside down onto serving plate or serve in dollops from the baking dish. Serve in 9 slices or dollops.

Serve with applesauce, yogurt, or sour cream. Garnish platter with parsley sprig for fresh touch.

Cook's Note:

*If desired: For the liquid, substitute milk of your choice or light cream or desired liquid. The liquid used will produce richness in the finished dish.

*If you want to check your flavors, fry up a spoonful of batter forming a soft pancake in a greased skillet. Crisp it up by turning it over.....Yummy! There's nothing like having a good time while you do this.

About this Recipe: This Lithuanian potato dish is a favorite for holiday serving and special occasions in our house. The original recipe has lots of saturated fat and bacon with its drippings. Wanting to make it healthier, we adjusted the fat content and eliminated the bacon. The caramelized onions gave the casserole a delicious flavor. It's prepared in a food processor, making it easy to make and enjoy more often.