

# Sweet Potato Noodle Kugel

From – [www.health.com](http://www.health.com)

8 ounces egg noodles  
¼ cup butter  
4 cups peeled and grated sweet potatoes  
2 large eggs  
2 large egg whites  
½ cup reduced-fat sour cream  
½ cup apricot jam  
1 tsp salt  
¼ cup chopped pecans, toasted

- Preheat oven to 350°.
- Cook noodles according to package directions; drain and rinse with cold water. Drain again, and set aside.
- Meanwhile, melt butter in a large skillet over medium heat. Add the sweet potatoes; sauté until tender, 8 minutes. Let cool 5 minutes.
- Beat together eggs and egg whites in a large bowl.
- Add sour cream, jam, and salt; mix well.
- Add the sweet-potato mixture; mix well.
- Stir in noodles.
- Transfer mixture to an 8-inch square glass baking dish that has been coated with nonstick cooking spray; cover dish with foil.
- Bake 30 minutes or until heated through.
- Top with pecans; let stand for 5 minutes before serving.



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