

## **Carol's Noodle Kugel**

Serves 12

1-12 oz bag of wide egg noodles  
1 teaspoon salt  
3 cups cottage cheese  
3 large eggs  
1/2 cup raisins (soaked in hot water)  
1/4 cup sugar mixed with 1 tablespoon cinnamon:  
reserve 1 tablespoon for sprinkling on top  
2 tablespoons butter or margarine  
3 tablespoons jam (flavor of your choice)

1. Heat oven to 350 degrees.
2. Spray a glass 9"x13" baking dish with vegetable spray.
3. In a large saucepan, boil 5 quarts of water and add salt, if desired. Add noodles and boil for 5-7 minutes. Drain and transfer to a large mixing bowl, breaking up any clumps of noodles and letting cool for a few minutes.
4. In a separate bowl, mix together the cottage cheese, eggs, drained raisins and 3 tablespoons cinnamon/sugar.
5. Pour into prepared baking dish and spread evenly. Sprinkle with reserved cinnamon/sugar and dot the top with butter or margarine and jelly.
6. Bake for 40-45 minutes or until golden brown. Let cool prior to cutting and serve warm or cold.



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**Nutrition Facts**

Servings: 12

Amount per serving

Calories 346

% Daily Value\*

**Total Fat** 6.4g 8%

Saturated Fat 1.9g 10%

**Cholesterol** 83mg 28%

**Sodium** 470mg 20%

**Total Carbohydrate** 55.4g 20%

Dietary Fiber 2.4g 9%

Total Sugars 11.3g

**Protein** 17.1g

Vitamin D 3mcg 15%

Calcium 73mg 6%

Iron 3mg 15%

Potassium 253mg 5%

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet.*

*2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by Verywellfit.com