

Hearts of Palm Kugel

Vichna Belsky

Ingredients

- 1 TB oil*
- 1 cup onion, chopped*
- 1 10 oz pkg frozen chopped spinach*
- 8-10 oz hearts of palm, chopped or blended*
- 2 cloves garlic, minced (adjust quantity to taste)*
- 1 1/2 tspn salt*
- 1/2 tspn pepper*
- 3 eggs, beaten*
- 1/2 cup dry crumbs of your choice (matzo meal, bread crumbs, etc.)*



Method

- 1. Preheat the oven to 350 degrees F. Grease mini muffin pans, or 8" round pan.*
- 2. Heat a large pan over medium heat, add oil and onion and saute.*
- 3. Add spinach and hearts of palm.*
- 4. Saute and add garlic, salt and pepper to taste.*
- 5. Remove from heat and add eggs and dry crumbs.*
- 6. Spoon into pan and bake until dry, aprox 30 minutes.*

This recipe originally called for artichokes. I made it for Rosh Hashana and it was such a hit, that I wanted to make it again for Sukkos, but could no longer find the canned artichokes I remembered using. The store only had canned hearts of palm in that spot, so I bought frozen artichokes. Bad move—nobody ate it, not even me! After months of checking for canned artichokes, and always seeing hearts of palm in that spot, I eventually realized that I must have accidentally used hearts of palm the first time I made the recipe. So I tried the recipe for the third time, using hearts of palm on purpose. I blended everything well, so the raw texture was like a blended potato kugel recipe. This time I got that original flavor I was searching for. I realized that the taste and texture of hearts of palm is similar to artichokes, but a lot more mild, and that was the key to making htis recipe palatable to potato kugel fans.

