

Potato Kasha Kugel

Delicious-moist - like a kasha knish or potato kugel without oil or eggs

Ingredients:

- 1. 1 cup buckwheat groats**
- 2. 4 tablespoon ground flax seed (flax meal)**
- 3. 6 large yellow potatoes, peeled and quartered**
- 4. 1 large yellow onion, peeled and quartered**
- 5. 1-2 tsp salt to taste**
- 6. 1/2 tsp black pepper, 1/2 tsp white pepper**
- 7. 1 tsp garlic powder**

Directions:

Cook buckwheat groats according to directions until most of the water is absorbed

Process the potatoes and onions in a food processor - don't over-process or they will be gooey

Add salt, spices, buckwheat and mix well

Place the mixture in a 9" pyrex lined with parchment paper and bake at 400 degrees (preheated) for an hour until top is golden brown

