

BANANA-CHOCOLATE CHIP BREAD

This is Jennie Litvack's mother Naomi's recipe that Jennie made "famous" by making it for many people over the years. The recipe, which originally appeared in the *Gan Really Cooks* cookbook from 2001, replaces the oil with apple sauce for a delicious, non-fat bread. Here's what Jennie said then about the recipe: "(My mother) specializes in healthy, but yummy cooking! Since my baking repertoire is quite limited, this has become a favorite recipe for Benji and I to make together. And since he's a fussy eater and loves it, it must be good!" I have adapted it slightly--cutting the sugar a bit which you'll never know, expanding the directions and conforming it for Hased purposes. I've also added cinnamon because Jennie often added to the original recipe. When making it for yourself, feel free to add some chopped nuts as well. ~ Susan Barocas

2 eggs
1/2 cup sugar
1/4 cup apple sauce
1 teaspoon vanilla
3 ripe bananas, mashed
1 cup all-purpose flour
1/2 cup flour, whole wheat
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 cup chocolate chips

Preheat oven to 350 degrees. Grease a standard loaf pan.

In a mixing bowl, beat the eggs. Add sugar and continue to beat until well blended. Add apple sauce, vanilla and mashed bananas and beat together until completely blended. (It's ok if there are some small banana lumps.)

In separate bowl mix both flours, baking soda and cinnamon.

Add the flour mixture into wet batter and stir with a spoon just until blended. Stir in chocolate chips.

Pour batter into the greased loaf pan. Bake 60-70 minutes until springy on top and a tester comes out clean of batter.

Cool in the pan for about 15-20 minutes, then remove and finish cooling on a rack.

For Hased: Cook the cake completely, then wrap in a double layer of aluminum foil and freeze until delivery to Adas.

Cheesy Spinach and Rice Casserole (aka Rae's Hippy Casserole)

Serves 4-6

1 16- or 20-ounce bag or 2 10-ounce boxes frozen chopped spinach, defrosted
3 cups cooked rice, white or brown
1/4 cup fresh parsley, finely chopped
1/4 cup minced onion
1 1/2 cups shredded mild cheddar cheese
1/2 teaspoon salt or to taste
1/4 teaspoon pepper or to taste
2 eggs
1 cup milk

Defrost the spinach in the package(s) overnight in the refrigerator. A couple hours before cooking, empty the spinach into a mesh strainer over a bowl to drain.

Preheat oven to 350 degrees. Grease a 9x9 disposable baking dish with olive oil or spray olive oil.

With the back of a large spoon and/or your hands, squeeze as much water out of the spinach as you can. Save the spinach liquid to use in soups, smoothies or other dishes.

In a large bowl, mix the spinach, rice, parsley, onions, 1 cup cheese, salt and pepper together. In a separate bowl, beat the eggs, then add the milk and mix together well. Pour the egg-milk mixture over spinach-rice mixture. Stir well to combine. Spoon the mixture into the prepared baking dish, filling it, and gently pat the top smooth.

Bake for 35-40 minutes until bubbly and just starting to lightly brown in spots. Sprinkle the remaining 1/2 cup cheese over the top and continue baking another 10-15 minutes until the cheese is bubbly and just starting to turn golden in spots. Let the casserole rest for 10 minutes before serving.

For Hesel – Let the casserole cool completely before wrapping it completely in aluminum foil. Freeze until delivery to Adas.