

The background is a light blue gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text is centered in the middle of the image.

**LET'S MAKE THIS PASSOVER
LESS STRESSFUL AND MORE FUN,
WITH SOME RECIPES THAT ARE
SIMPLE AND WONDERFUL.**

1. First take a deep breath and remember what Pesach is all about.
2. First thing I do is make a list of my favorite foods I want to make.
3. Yes, you should try and put away all your chametz and clean the house, but as Shmuel said, it's not a spring cleaning
4. Cooking should be fun and easy so that everyone in the house can help or if you are just cooking for one; make it simple and tasty.
5. I always try to make enough for leftovers so that I don't have to be constantly be cooking.
6. Kugels and the carrot cake recipe can be made in cupcake holders for muffins or individual sizes.
7. Frozen veggies are easy to use as mini Quiches. Use the food processor to mix the veggies with spices, eggs and then pour over Farfal crust in a cupcake holder.
8. Be creative and allow yourself to enjoy this time. Have fun with lots of different Charoset recipes. Use the ingredients that you have and try not to be so hard on yourself.
9. Make this time a positive as possible share your fun ideas with others!

Simple Broccoli Kugel

Ingredients:

Head of broccoli or 20oz bag (frozen)

1-2 Tablespoons of Margarine or oil

3 Tablespoons of cake meal (optional if needed Gluten free)

½ cup mayonnaise (optional) makes it creamier

3 eggs

Salt, pepper and spices to your taste.

You can put everything into the food processor and mix.

IF you don't have a food processor you can chop the broccoli to fine pieces and then mix all ingredients together.

Place in a Kugel or pie greased pan.

Bake at 350 degrees until firm.

Carrot Kugel (Gluten free)

Ingredients:

- 1 pound of carrots (Grated)
- 2-4 Tablespoons of margarine or oil
- 3 Eggs
- 1/3 Cup sugar
- 1 teaspoon Baking Powder
- 3 Tablespoons Potato starch
- 1 ½ teaspoons vanilla

Grate the carrots that add all the ingredients in a bowl, mix thoroughly and place in a 9 inch greased pan. (or put into cupcake holders)
Bake at 350 degrees until firm.

Squash Soup

Ingredients:

Zucchini squash (either green or yellow or both) about 5 squash

Fresh tomatoes (about 3 medium)

Onions

Oil for sautéing

Salt for flavor

Chop onions and sauté until soft.

Add chopped squash and then the chopped tomatoes.

Add enough water to about 1 inch above the veggies.

Cook until the squash is soft, for about 30-45 minutes.

Add salt to taste.

Makes about 4 – 5 servings.

Potato and Leek Soup

Ingredients:

4 Large Leeks

5 large Potatoes

Oil for sautéing

Clean the leeks very well:

Cut the leek in half, lengthwise, and rinse each leaf under running water.

Chop the leeks and sauté until slightly soft.

Add the chopped potatoes and sauté slightly.

Add water about 2 inches about the mixture.

Simmer for about 45 minutes, until potatoes are soft. Make sure it doesn't burn.

Add salt and black pepper.

You can put into food processor if you like a smooth soup, serve either hot or cold.

This can also be used as a wonderful base for a fish chowder.

For fish chowder:

when sautéing the potatoes add fish and cook for a few minutes.

Then add some milk instead of the water and cook as above.

Stuffed peppers with Quinoa

Ingredients:

1 cup Quinoa

2 cups Broth (or water)

Multi-colored Peppers

Onions

Garlic

Any other favorite veggie.

Saute the onions and when soft add the other veggies.

Add the Quinoa and saute until brown.

Add the broth and simmer covered until Quinoa is soft.

Cut peppers tops off and stuff the Quinoa mixture to each one.

Bake for 45 minutes at 350 degrees.

Vegan Carrot Cake

Ingredients:

2 cups Cake Meal (or almond flour may work too)

1 Teaspoon Baking Powder

1 teaspoon Baking Soda

½ teaspoon salt

2 teaspoons Cinnamon

2 ½ cups grated carrots

1 ½ cups Brown sugar

2 Flaxseed eggs (2 Tablespoons ground flax seed + 6 Tablespoons of hot water, mix and allow to sit 5 minutes before adding to ingredients)

½ cup oil

1 Tablespoon Apple Cider vinegar

Mix the Brown sugar, oil, vinegar and the flaxseed eggs.

Add the baking powder, baking soda, salt and cinnamon.

Once mixed add the carrots and then the Cake meal or almond flour.

Mix thoroughly and pour into a 10" round grease baking pan.

Bake 350 degrees until the toothpick or knife comes out dry.

Can be frosted with chocolate Ganache or just served with powdered sugar.

Chocolate Torte (Gluten Free)

Ingredients:

½ cup coffee

½ cup Brown Sugar

½ pound margarine

8 ounces of parve chocolate

4 eggs

Heat up in a pot, on low heat, the coffee, B. sugar, margarine and the chocolate until the margarine and the chocolate are melted.

Mix well and cool for just a few minutes.

Add the eggs, one at a time, until completely mixed in.

Pour into an 8 x 8 greased pan.

Bake at 350 degrees until the mixture no longer moves when the pan is tapped. But don't over cook. Allow to cool. Then place in refrigerator.

One option; frost with a Ganache (melt 6 ounces chocolate, 1 teaspoon oil and about ¼ cup boiling water)

Horse radish – Maror

Roasted Egg

Shank bone or roasted chicken wing or neck

Romain Lettuce

Parsley

Charoset

Don't forget the salt water for dipping and three Matzas!



Make you own Seder Plate



Be creative with what ever you have around the house!
You can keep it to remember the most unusual Seder you ever had, and that you were able to enjoy Pesach in-spite of all these challenges!

