

Festive Tzimmes is pretty much a parve tzimmes - no meat required.

It complements fish, chicken or beef.

3 large carrots, scraped

3 white potatoes, peeled

2 sweet potatoes, peeled

3/4 lb. dried prunes, rinsed

1 tsp. Salt

1/3+ cup honey or brown sugar

1 whole small onion

Cold water to cover veggies

2 Tbsp olive oil or parve chicken fat (nyafat)

Slice vegetables 1" thick

Add vegetables to water with salt, honey and onion.

Bring water to boil and skim froth from vegetables.

Cook uncovered for 2-2 1/2 hours. Do not stir but shake pot to prevent sticking. More water may be added, if required

Remove onion, taste and correct seasoning. Make a roux of fat and flour. Add to mixture. Turn into a casserole or baking dish and bake in a 350-degree preheated oven for 30 minutes or until brown on top.

Use a heavy pot to cook vegetables. Meat can be included in recipe or meat bouillon to complement a meat meal.

Serves 6. Bon Appetit!

Adele

Very tasty, quantities can be easily increased, freeze well.

SWEET and SOUR CHICKEN

2 tsp canola oil
1 lb skinless, boneless chicken cut into 3/4" pieces
1 Tbsp cornstarch
1 8 oz.. pineapple chunks in juice (divided)
1/4 cup brown sugar
1 Tbsp light soy sauce
1/4 cup white vinegar
1/2 cup no salt added tomato sauce
1 green bell pepper cut in 1/4" strips
Crushed red pepper flakes (optional)

Use non stick large skillet

Heat oil and add chicken.

Cook 3 minutes or until brown on both sides.

Remove chicken and cover to keep warm.

Mix cornstarch with about 1/4 cup pineapple juice, add to skillet with brown sugar, soy sauce and vinegar and simmer until sauce thickens.

Add pineapple chunks and chicken, bring to a boil and simmer 5 min, add tomato sauce and green pepper.

Cook 2 minutes until heated through and serve over rice.

(In order to have the sauce quantity you prefer you might want to increase liquid ingredients)

When dish is completed you may want to sprinkle crushed red papper flakes to top.

This recipe is great as a main course entree or as a great addition to a buffet meal. Enjoy!

Adele Greenblatt

Citrus Marinated Herb Chicken 4 servings

Ingredients:

4 skinless, boneless breast halves
1/2 cup lemon or orange juice (preferably fresh squeezed)
2 Tbsp finely chopped shallot
1 Tbsp honey
1 Tbsp olive oil
1 Tbsp snipped fresh thyme or 1 tsp dried thyme, crushed
2 tsp fresh snipped rosemary or 1 /2 tsp dried (same as above)
1 clove garlic, minced
1/2 tsp kosher salt
1/4 tsp fresh ground pepper
Lemon or orange wedges for decoration

Place 4 1/2 breasts in a sealable plastic bag, combine all ingredients (marinade) and pour the same bag. Seal and coat chicken in marinade

Refrigerate 2-4 hours, turning occasionally.

Preheat oven to BROIL. Place breasts on an unheated broiler rack 4-5" from heat 6-8 minutes or until chicken is no longer pink, (170 F)

This is delicious with seasoned rice (use some marinade) and broccoli or chopped baby kale on the side.

This is a great company dish or one to treat yourself to.

BROCCOLI RAISIN SALAD (8 servings) 6 cups broccoli florets 1/2 cup raisins (or cranberries) 1/2 cup dry roasted sunflower kernels 1/3 cup finely chopped DC red onion 1/3 cup olive oil 1/3 cup plain lo-fat Greek yogurt 2 Tbsp honey mustard 1 clove garlic minced 2 Tbsp fresh lemon juice Steam broccoli in a basket for 3 minutes Transfer to a colander, rinse under cold water, drain well. In a small bowl combine all other ingredients, mix well, whisk until smooth. Pour dressing over broccoli to coat. Refrigerate 2-24 hours before serving. I sometimes use chopped walnuts or pecans instead of sunflower seeds, whatever I have available. Enjoy with fish or chicken.