

A PROJECT OF THE BETH JACOB ATLANTA SISTERHOOD

l'chaim

RECIPES FOR A HEALTHIER LIFE

PESACH-FRIENDLY DISHES FROM THE SISTERHOOD COOKBOOK



SUBSTITUTIONS

LIGHTEN UP!

Here are some great ways to lighten up traditional dishes with healthier subs.

ZOODLES, aka zucchini spirals, instead of wheat pasta. Spiralize zucchini, and steam gently. Serve with your favorite pasta sauce, or with chicken, turkey meatballs, or vegan cashew sauce for a super nutritious meal.

SPAGHETTI SQUASH in place of spaghetti. Halve squash lengthwise and bake at 350° until soft (about 30 minutes). Discard seeds, and scrape out the strands with a fork. Or leave the strands in the shell, and top with marinara and cheese (or vegan cheese) for a trendy, edible serving dish. (Stick the whole thing under the broiler for a couple minutes for a bubbly, golden topping.)

LETTUCE LEAVES instead of corn or wheat wraps. Choose a sturdy leaf, and fill with taco fixings, tuna salad, or grilled veggies and chummus.

VEGGIE CHIPS to dip into hummus and guacamole instead of oily or salty chips. Slice veggies on the bias to achieve chip-like pieces (carrot, English cucumber, jicama, radish) and add cauliflower florets and pepper sticks for a gorgeous rainbow of colors and nutrients.

NUTS for a crunchy salad topping instead of fried croutons. Add healthy fats, flavor, and keep your wheat consumption down!

UNSWEETENED APPLESAUCE or **MASHED BANANA** works well instead of margarine or oil in baking. The first time you sub these healthier ingredients swap out only half the fat, and then work your way to a full replacement if you dare!

FROZEN BANANA in place of high fat dairy ice cream. When your bananas are ripe (or overripe), slice and freeze in ziploc bags. Pour a cup or two into your processor or high-powered blender together with cacao nibs, cinnamon, a dash of coffee granules, and a splash of plant-based milk and give it a whirl. You'll have soft serve ice cream in minutes, and it can be flavored to your taste (*see photo below of frozen bananas dipped in dark chocolate and coated in chopped nuts, and banana cherry ice cream - yum!*).





AVOCADO is a tasty, healthy fat sub in place of butter for spreading on toast.

GREEK YOGURT can often fill in for mayo, providing protein, probiotics, and calcium in a low-fat, low cholesterol food that's heart healthy and aids digestion. Check out the label, and choose brands with no or low sugar.

ALMOND, COCONUT, OR HEMP MILK for dairy milk. Try this even if you're making a dairy recipe, such as a cheese sauce or creamy soup. You'll cut back on dairy and add nutrients from the plant-based milk.

PRUNE PURÉE or **Apple butter** for dairy butter. Look for apple butter with no additives. To make your own prune butter, combine $\frac{3}{4}$ cup prunes with $\frac{1}{4}$ cup boiling water, and process until smooth. Sub for equal amounts butter in dark baked good recipes (think chocolate).

KALE CHIPS make a great savory snack instead of potato or corn chips. Wash and check kale. Remove stems, and tear into pieces. Sprinkle with a little olive oil and sea salt, and bake for 5 minutes on 375°.

FROZEN GRAPES, CHOCOLATE DIPPED BANANAS, or **ALMOND MILK SMOOTHIES** will satisfy your sweet tooth in a healthier, more filling way when you're craving something sweet.

NUT BUTTER ON APPLE SLICES OR CELERY STICKS provide a great protein boost and nutritious snack to stave off hunger until dinner time - better than another coffee or a sugary snack that will just make you crash later (how do we know? Don't ask).

PB ON B TEA SANDWICHES If your peanut butter is soft and creamy, you can spoon some into a small ziploc bag, snip the tip, and squeeze it into frosting-like swirls on thick banana slices to impress the kids. Making healthy snacks pretty and fun goes a long way in convincing those picky eaters to dig in! Add fruit sweetened jam for a pbj, monkey style, or drizzle dark chocolate over your peanut butter banana bites. Now you're tempted, right?





2-INGREDIENT SALAD DRESSING

BARBARA FISHER

I am always on the lookout for recipes that are simple and have only 2 ingredients.

HEALTH TIDBIT

Apple cider vinegar can help kill harmful bacteria and may lower blood sugar levels. Some health experts suggest taking a spoonful a day to reduce the symptoms of arthritis and joint-related issues.

INGREDIENTS

¼ cup ketchup

2 - 3 Tbsp orange juice or apple cider vinegar

DIRECTIONS

Mix ingredients until smooth.

Add to your favorite diced fresh vegetables for a quick and easy salad!





ROASTED FIG & PISTACHIO SALAD

Yael Wolf

HEALTH TIDBIT

Rich with potassium and natural sugars, figs aid digestion and improve bone density. They're high in calcium, and filled with vitamins.

Pistachios may be small, but they pack a punch with omega-3 fatty acids and three different types of antioxidants. They are high in fiber and offer plant-based protein.

INGREDIENTS

8 - 10 fresh figs, quartered (or dried figs to avoid roasting)
 8 cups lettuce
 1 avocado, cubed
 4 celery stalks, thinly sliced
 3 scallions, thinly sliced
 ½ cup pistachio nuts, shelled
 goat cheese or feta cheese, crumbled (optional)

Balsamic Vinaigrette:

½ cup extra virgin olive oil
 ⅓ cup balsamic vinegar
 ¼ cup honey
 2-3 cloves garlic, crushed
 salt and pepper

DIRECTIONS

Preheat oven to 375°. On a foil and parchment paper lined baking sheet, roast figs for about 10 - 12 minutes until they are softened and slightly golden in color.

Combine the remaining salad ingredients in a large serving bowl. Add warm roasted figs.





CELERY APPLE POM SALAD WITH DATES & WALNUTS

Yael Wolf

This modern-style Waldorf salad is gorgeous and unique on its own, but can be combined with lettuce to make a hearty, filling and unique salad. You can add feta or goat cheese crumbles for a dairy option.

HEALTH TIDBIT

Pomegranates contain more antioxidants – protecting cells from damage – than red wine or green tea. They reduce inflammation, lower blood pressure and blood sugar levels. Dates are a wonderful and natural sweetener, nutrient-rich, a good source of fiber for overall health and loaded with disease-fighting antioxidants.

INGREDIENTS

- 1 whole large celery stalk, with leaves, washed, peeled and thinly sliced
- 2 large Granny Smith apples, cut into small chunks
- 6 - 8 large dried Medjool dates, pitted and cut into thin strips
- ½ cup pomegranate arils
- ¾ cup walnuts, chopped and toasted
- 2 scallions, thinly sliced

Vinaigrette:

- ⅔ cup extra-virgin olive oil
- ¼ cup fresh lemon juice
- ¼ cup whole grain or Dijon mustard
- ¼ cup honey
- 2 - 3 garlic cloves, crushed
- salt and pepper

DIRECTIONS

Combine celery, apples, dates, pomegranate arils, walnuts, and scallions in a large bowl.

Mix vinaigrette ingredients in a jar and toss to coat.





ISRAELI SALAD

MICHELE ASA

TESTER'S TAKE

We found this salad to be super refreshing. We added more lemon juice for extra zing.

INGREDIENTS

2 tomatoes, finely diced
2 cucumbers, finely diced
1 small red onion, finely diced
2 Tbsp lemon juice, or more
¼ cup olive oil
1 tsp salt
½ tsp black pepper

DIRECTIONS

Add olive oil, lemon juice, salt and pepper to veggies and toss to coat.





APPLE SLAW

DAVIDA LEVIN

Original recipe. It's crunchy, crisp, sweet, tart and very colorful; not your usual vinegary slaw.

HEALTH TIP

Try subbing Greek yogurt for mayonnaise, and boost your protein intake! Yogurt is packed with probiotics that aids in digestion and support your immune system. It is low in sodium and filled with vitamin B12, calcium and iodine, all good for healthy metabolism. You can't go wrong with this healthy alternative.

INGREDIENTS

1 bag angel hair shredded cabbage
½ each crisp red, sweet yellow and tart green apples, diced with skin
¾ cup dried cranberries
¾ cup mayonnaise
½ tsp lemon juice
1 tsp sugar (or sugar substitute)
nuts, chopped (optional)

DIRECTIONS

Toss all ingredients until mayonnaise is well distributed.





SWEET POTATO SALAD

ATLANTA JOURNAL

GLORIA GLUSMAN

I got this recipe from my daughter Alison. It's a nice, light summertime side dish.

TESTER'S TAKE

This is another fun spin on traditional Waldorf salad, with the addition of sweet potato chunks. The sweet potato makes it very filling, and adds a soft creamy texture to balance the crispness of the apples and celery. This sweet potato salad is a bowl full of textures, flavors, and fantastic nutrition!

INGREDIENTS

$\frac{1}{4}$ cup mayonnaise
2 Tbsp lemon juice
2 Tbsp sugar
 $\frac{1}{4}$ tsp salt
1 cup celery, diced
1 cup apple, chopped
 $\frac{1}{3}$ cup walnuts, chopped
4 sweet potatoes

DIRECTIONS

Whisk mayonnaise, lemon juice, sugar and salt. Set aside.

Boil sweet potatoes, cube then add celery and nuts.

Add dressing and combine gently.

Serve cold.





LAYERED LETTUCE SALAD



BEV LEWYN

This recipe was given to me by Dena Schusterman about 20 years ago - she got it from her dad. We subsequently made this at a hotel in Vienna at a business conference, and another religious attendee, from Minneapolis, recognized it as a "Chabad salad." This salad is magical because the dressing is only 2 ingredients - EVOO and salt. Perfect for when you are away from home and have few ingredients! Our daughter Sarah calls this "Pesach Salad" because that was the first time we made it, and the name stuck!

INGREDIENTS

1 head romaine lettuce, torn
 ¼ of a red cabbage head, sliced
 tomatoes, chopped (campari are great)
 1 - 2 avocados, diced
 2 - 3 stalks scallions, sliced
 ¼ cup extra virgin olive oil, or more
 sea salt, to taste

DIRECTIONS

Layer salad with romaine lettuce on bottom, then cabbage, tomatoes, avocados, and scallions.

Drizzle about ¼ cup olive oil over salad, and sprinkle with salt.

Toss the salad and taste. You will need to sprinkle and toss at least a few times. When you taste it and it's fabulous you know you have added enough salt. If you taste it and it is just okay, add more salt and toss again. The salt causes the tomatoes to release their juices, which flavors the oil and turns it into a dressing of sorts.

Ingredients up to avocado can be prepared in advance. Dice avocado and dress salad immediately before serving.





CURRIED SWEET POTATO SOUP

ARIELLA WOLF

TESTER'S TAKE

The texture of this soup is amazing, and works with any orange vegetable. We added cayenne pepper and garlic powder and omitted the honey. It tasted great!

INGREDIENTS

- 2 Tbsp oil
- 1 large white onion, diced
- 1 Tbsp curry powder
- 1 lb carrots, peeled and chopped
- 1 ½ lbs sweet potato, peeled and chopped
- 8 cups water
- 3 Tbsp parve chicken soup mix
- 2 tsp salt, optional
- 1 apple, peeled and chopped
- 2 Tbsp honey
- 1 tsp pepper

DIRECTIONS

In a large pot, heat oil over high heat. Add onions and cook until golden. Add curry powder and stir until incorporated.

Add the carrots, sweet potato, water, chicken soup mix, salt and pepper and bring to a boil. Reduce heat and simmer on low heat until vegetables are soft, about 25 minutes. Stir in the apples and honey.

Puree soup to desired consistency. Season to taste with an extra dash of curry powder, salt and pepper.





ZUCCHINI & LEEK SOUP

ADAPTED FROM MICHELLE MINNAAR

ILANA SHENK

This vegan soup is healthy, tasty, and a great snack or side dish when dieting.

INGREDIENTS

- 2 Tbsp olive oil
- 1 lb leeks, washed and sliced
- 1 lb of baby carrots, chopped
- 1 sweet potato (or regular potato),
peeled and chopped
- 3 celery stalks, washed and chopped
- 2 zucchini, washed and chopped (may
use more)
- 4 Tbsp chicken flavored consommé
- sea salt and pepper
- crispy fried onions, for garnish

DIRECTIONS

Heat olive oil in large pot (at least 6 qt). Gently fry the leeks in oil for about 5 minutes or until softened. Add the carrot, potato and celery to the leeks and cook for another 5 minutes. Add the zucchini, water, and consommé to the pot and let the soup reach a simmering point. Add salt and pepper to taste.

Cook for 10 minutes or until all the ingredients are cooked through and tender. Let contents cool and then use immersion blender to blend until smooth, or preferred consistency. You can make the soup as smooth or chunky as you like. If you want a thicker soup, use less water and consommé.

Garnish with crispy fried onions, if desired. For a low-carb soup, remove the carrot and potato and substitute or add additional veggies, such as cauliflower, broccoli, or kale.



UNSTUFFED PEPPER CABBAGE SOUP

RACHEL LEAH KLEIN

I don't like to patchke and I don't have patience for recipes that take a while to come together, but I love stuffed-peppers and stuffed-cabbage. This soup is the result.

INGREDIENTS

2 lbs ground meat of choice (chicken, turkey, or beef)
1 medium onion, chopped
3 or 4 cloves garlic, minced
8 cups water
2 cups broth
28-oz can tomato sauce
28-oz can diced tomatoes, undrained

2 cups green and/or red bell peppers, chopped
¼ cup brown sugar (or to taste)
1 tsp ground black pepper
1 cup uncooked rice (or up to 2 cups cooked rice)
salt, to taste

DIRECTIONS

In a large pot, cook ground meat (if you like, drain any fat that may be produced). Add all the other ingredients to the pot, (except cooked rice, which will be added after the soup is done cooking). Mix everything and bring to a boil. Reduce heat and cover pot. Simmer for 30 - 40 minutes or until bell peppers are tender.

Mix in the cooked rice and simmer to warm through. If you used dry/raw rice, the soup will be done when the rice is done.

Note: If you want to make Unstuffed Cabbage Soup, replace the bell peppers with 3 - 4 cups of shredded cabbage (or more if you like). To save time, instead of shredding cabbage one can use bagged shredded cabbage.

COLD FRUIT SOUP

CHANTZA LAWRENCE

I created this recipe on a hot Friday to have something refreshing for Shabbos lunch. I didn't have a lot of time to cook so I looked in my fridge and came up with this soup. I kind of laugh when I see a fruit soup that has to be cooked and cooled. This goes right in the fridge and is VERY refreshing. Plus, the only sugar in this recipe is the natural sugars in the fruits.



TESTER'S TAKE

This soup is just as it says - refreshing, all-natural, and so easy. For a gorgeous purple version (as pictured), use frozen blueberries instead of strawberries, and honeydew instead of cantaloupe.

Garnish with sliced fruit, small berries, mint leaves, and/or chopped nuts.

INGREDIENTS

- 1 ripe cantaloupe melon
- 1 - 2 cups apple juice or orange juice
- 1 bag frozen strawberries

DIRECTIONS

Cut cantaloupe into chunks and put in a food processor or blender. Add frozen strawberries and about 1 cup of juice so it blends easier. Blend and add more strawberries and juice as needed.

The more juice you add, the thinner the soup.

Garnish with grape halves and/or diced peaches for beautiful color presentation.





J'S STUFFED PORTABELLA MUSHROOMS

DAVIDA LEVIN

I FINALLY made stuffed mushrooms that Jonathan really liked! I cook without salt, and usually add basil, oregano or thyme, depending on the rest of the meal menu. I use matzah farfel year round, we like it best that way!

INGREDIENTS

2 giant portabella mushroom caps,
stems removed and chopped; gills
scraped and discarded
1 tsp olive oil
2 Tbsp margarine or butter
1 cube crushed garlic
 $\frac{1}{3}$ cup diced onion

$\frac{1}{2}$ fresh medium tomato, diced
 $\frac{2}{3}$ cup rough breadcrumbs or matzah
farfel
4 oz shredded cheddar cheese
 $\frac{1}{3}$ cup grated Parmesan cheese



DIRECTIONS

Preheat oven to 425°.

Line a shallow pan with parchment paper, and spread oil on paper.

Place cleaned mushroom caps upside down in pan.

Sauté stems, onion, garlic, and tomatoes in margarine until soft, about 5 minutes.

Add crumbs or farfel. Heat for another 1 - 2 minutes.

Fill caps with stuffing mix, cover with shredded cheddar. Sprinkle with Parmesan.

Bake for 25 minutes until cheese is bubbly and mushrooms have softened.

Note: You can also use baby bellas, as pictured here, for a more 'pick-up friendly' version of this recipe. Optional garnishes or add-ins are finely chopped greens and/or nuts.



TILAPIA MARBELLA

BETTY WEISER (MY MOTHER)

TEMIMA ORATZ

This tilapia dish is flavorful, exotic, and beautiful. It reflects the city in Spain that it is named after. It's the perfect dish for Shabbos day because it can be served at room temperature. It can also be made with chicken (as pictured).

INGREDIENTS

6 large pieces of tilapia

Salt and pepper

Marinade:

½ cup of red wine vinegar

½ cup olive oil

1 cup white wine

1 cup brown sugar

½ cup dried prunes

½ cup dried apricots

½ cup Spanish olives

½ cup capers

1 Tbsp minced garlic

⅛ cup oregano

½ cup parsley

DIRECTIONS

Sprinkle the tilapia with salt and pepper to taste. Place tilapia pieces in a skillet over high heat, and cook through.

Place marinade ingredients - except for the parsley - in a pot, stir, and bring to a boil. After boiling for 2 minutes, remove from the heat, add the parsley, and let it slightly cool.

Place the tilapia in a serving dish. Pour the marinade over the tilapia. Cover tightly until time to serve.





BLACKENED SEASONING MIXTURE

JUDY LIPIS

I received this recipe from Shelley Shaw. It's a fabulous spice mixture for salmon (or any other kind of fish) or chicken when you plan to grill.

TESTER'S TAKE

This mixture was so easy to put together! We doubled the recipe and tried it on grilled chicken and roasted eggplant. We loved it!

INGREDIENTS

1 Tbsp paprika
1 tsp onion powder
1 tsp garlic powder
1 tsp cayenne
2 ½ tsps salt
¾ tsp white pepper
¾ tsp black pepper
½ tsp thyme
½ tsp oregano

DIRECTIONS

Mix spices together in a jar.

Sprinkle liberally over fish or chicken before grilling.





HONEY SALMON



SARAH WERBIN

This honey salmon is the easiest salmon ever!



INGREDIENTS

2 - 3 lb side of salmon
drizzle of honey
sprinkle of garlic powder
lime wedges, optional

DIRECTIONS

Drizzle honey over salmon, and sprinkle with garlic powder.

Bake at 350° for 30 minutes covered.

Uncover for 15 - 20 minutes to glaze the honey.

Garnish with lime wedges.

If using smaller salmon fillets, cook uncovered for about 18 - 22 minutes, depending on thickness of fillet.



MOROCCAN BAKED FISH

ESTIE TOLWIN (MY SISTER-IN-LAW), ADAPTED FROM A COOKBOOK BY MINDY GANZ RIBNER

SARAH FAYGIE BERKOWITZ

INGREDIENTS

2 lbs sea bass, red snapper, or tilapia
1 large red pepper, sliced
1 large yellow pepper, sliced
½ head garlic, cloves peeled and sliced
1 Tbsp paprika
1 - 2 tsp cayenne, optional
1 tsp turmeric
2 tsp salt
¼ cup olive oil
1 - 2 Tbsp dried cilantro
½ bunch fresh parsley, chopped

DIRECTIONS

Rinse fish and pat dry. Cut into serving size chunks.

Arrange pepper strips on bottom of large skillet or Dutch oven as a 'bed' for the fish. Sprinkle garlic slices over peppers, and place fish chunks on top. Pour just enough water to cover the vegetables, not the fish.

Combine paprika, cayenne, turmeric, salt and olive oil. Pour over fish and vegetables. Cover the pot and bring liquid to a boil on medium flame. Lower heat and simmer for 1 ½ hours.

Uncover fish and sprinkle herbs over fish. Cover and simmer 20 - 25 more minutes.

Alternatively, you can bake fish in the oven for about an hour at 325°.



TUNA STUFFED AVOCADO

ADAPTED FROM THESTAYATHOMECHEF.COM

PAM GLINSKY

A healthy, mayo-free tuna lunch that's filling, Pesach friendly and easy - and great with toasted bread or matzah.

HEALTH TIP

Avocados are incredibly nutritious and a good source of healthy mono-saturated fat. Did you know they pack more potassium than bananas? They are good for your heart, brain health and help to convert food into energy. Substitute avocado for mayo for a creamy delicious taste - like Pam has done here with this creative healthy snack!

INGREDIENTS

2 avocados
 2 5-oz can tuna (packed in water)
 ½ cup red pepper, diced
 ½ cup cucumber, diced
 1 - 2 Tbsp jalapeno, minced
 ¼ cup cilantro or parsley, chopped
 ¼ cup basil, chopped
 2 Tbsp lime juice
 kosher salt and freshly ground pepper

DIRECTIONS

Wash avocados well with soap and water. Cut in half. Scoop out some of the avocado to make space for the tuna mixture.

Place the scooped avocado in a bowl and mash with a fork.

Add next 7 ingredients (except salt and pepper) and mix until combined well.

Scoop the tuna mixture into the avocado 'bowls'. Season with salt and pepper.





PAN-SEARED NECTARINE & ROSEMARY BARRAMUNDI

TEMIMA ORATZ

There is only so much salmon anyone can eat! That's why when I saw Barramundi in Spicy Peach's freezer section, I just had to try it. I prepared it the way I like all of my fish - clean and soft with crispy skin. As you caramelize the nectarines, it smells like summer. The combination tastes just as good as it looks!

INGREDIENTS

¼ cup butter (or Earth Balance, to keep it pareve)

1 barramundi fillet

2 Tbsp dried rosemary

kosher salt and black pepper

1 nectarine

DIRECTIONS

Heat an iron skillet until it is very hot (so the fish doesn't stick to the pan). Add the butter and let it coat the skillet as it melts.

Make sure the fillet is fully defrosted and at room temperature. Dry off the fillet with paper towels, and then place it in the pan, skin side down.

Cut the nectarine into wedges. Add the nectarine wedges to the side of the skillet, not on top of the fillet.

Generously season the fillet and nectarines with kosher salt, black pepper and rosemary.

When the skin gets really crispy, after approximately 5 minutes, turn over the fillet so that the top gets a beautiful sear. Sear the top for an additional 3 - 5 minutes.

Periodically flip the nectarines so that they caramelize without getting burnt.

When the fillet is cooked through, place it on a plate, skin side down, and top it with the caramelized nectarines.

CURRY CHICKEN

CHAYA LEAH MALKA STARKMAN

This fantastic recipe was given to me by Leslie Lowenstein, longtime BJ member who made aliyah with her husband Chuck. Everyone loves this curry chicken!



TESTER'S TAKE

This was an easy and delicious sauce to put together, and it would probably be just as delicious on a brisket, or over salmon.

INGREDIENTS

8 pieces cut-up chicken
½ cup orange juice
2 Tbsp mustard, optional
garlic powder, to taste
curry powder, to taste
¼ cup honey

DIRECTIONS

Clean fat from chicken and place in a 9x13 pan.

Combine orange juice, honey, and mustard and pour over chicken.

Sprinkle garlic powder and curry powder over chicken.

Bake uncovered at 350° for 1 hour, basting several times to keep chicken moist. If it doesn't look done yet, bake a few minutes longer.





INDOOR GRILLED CHICKEN



MINDY CAPLAN

While living in Israel, I attended a culinary class where I learned this technique of putting the spices in the pan first. When my friend's daughter Basya, came for Shabbos, she offered to make her lemon pepper chicken with a similar technique. We then adapted it a bit, and this is the outcome. This chicken is great sliced onto a salad!

TESTER'S TAKE

What a great recipe - and so easy! If you want the traditional grill marks, you can use this technique using a countertop grill, such as a George Foreman. Sprinkle spices on the grill for a couple minutes before adding chicken. Voila!



INGREDIENTS

2 - 4 lbs chicken cutlets, sliced thin
olive oil (or non-stick spray)
1 - 2 tsp of lemon juice per chicken breast
black pepper

Optional add-ins:

garlic, dried onion, Mrs. Dash seasoning,
paprika, sesame seeds (or other seeds,
such as chia or flax).

DIRECTIONS

Bake: Spray a baking pan, and place the chicken in it. Sprinkle the spices (and seeds, if using) on the chicken and bake at 350° for 20 minutes. Check for doneness, and flip and bake 5 more minutes. Watch that you do not overcook it.

Fry: Heat up olive oil, and add spices, seeds and then the chicken, coating the pan to your taste.

Lemon Pepper option: If you want it to be lemon pepper flavored, just use that for the spice part.

Flip the chicken, add the lemon juice. If the schnitzel is thin, again, it only takes a few minutes, making sure it does not overcook and dry out.



CHICKEN WITH VEGGIES

STACEY MCGHEE

Easy one dish meal. Serve hot and watch those veggies disappear!

INGREDIENTS

8 pieces assorted bone-in chicken
extra virgin olive oil
Montreal steak seasoning (or your
choice of spice blend)
2 Idaho potatoes
2 medium sweet potatoes
2 yellow squash
2 zucchini
3 parsnips
3 carrots
8 oz mushrooms

DIRECTIONS

Peel, wash and cube veggies and place into a baking pan. Drizzle with EVOO and seasoning.

Place chicken on top of veggies. Drizzle EVOO and rub in spice blend (rub under skin, too, for more flavor).

Cover tightly with foil.

Bake at 325° for 2 hours, then uncovered at 375° for 20 - 30 min.



TERRA CHIP CHICKEN

GOLDIE WEISER (MY SISTER-IN-LAW)

TEMIMA ORATZ

My son dubbed this chicken "the beautiful chicken" because of the pretty colors of the Terra chips. I make it all year round, even on Pesach, but eating it in October and November, with pumpkin muffins and cranberry apple cobbler, is my favorite way of celebrating the fall season. The plate is full of colors and flavors, making it as tasty to the palate as it is beautiful to the eye.

INGREDIENTS

2 lbs chicken breast, skinless and boneless
6 oz honey mustard
9 oz Terra Chips
2 Tbsp olive oil

DIRECTIONS

Preheat the oven to 350°.

Crush up terra chips into large crumbs and place in a bowl.

Slice chicken breasts in half lengthwise and pound each cutlet between plastic wrap until no more than ¼" thick.

Line a flat pan with foil and spray with non stick spray. Take each piece of chicken breast and coat on all sides with honey mustard, and then dip both sides of the chicken breast into the crushed Terra chips. Place the chicken breast onto the prepared pan.

When all of the chicken breasts are coated and on the pan, sprinkle the remaining terra chip crumbs on top. Bake for 35 minutes. Half way through the baking process, take out the pan and drizzle olive oil over the chicken breasts. Return the pan to the oven to finish baking.





MELT-IN-YOUR-MOUTH CHICKEN

JUDY ROSENBAUM (MY MOTHER)

ELISHEVA BERGER

This easy, delicious recipe can be made in the oven or on top of the stove. Since it is not roasted, it is great for serving at the Seder when many have the custom of not having roasted meat or chicken.

INGREDIENTS

10.5 oz can tomato sauce
3 Tbsp wine vinegar or apple cider vinegar
1 onion, diced
1 stalk celery, diced
1 clove of garlic, mashed, or dash of garlic powder
2 Tbsp brown sugar
dash of pepper
6 - 8 pieces chicken (bone-in, with skin)

DIRECTIONS

Mix all ingredients together and pour over chicken.

Cook in a pot on the stove for 1 ½ hours, or put in a roasting pan, cover with foil, and cook in the oven at 325° for 2 hours.





ROASTED CHERRY TOMATOES

ELANA ZELIGMAN (MY SISTER-IN-LAW)

HEATHER ZELIGMAN

If you love garlic, this simple and savory side dish goes well with many foods. I make this every week for Shabbat. My sister in law, Elana Zeligman, recommends mixing any remaining left-overs into an omelette.



INGREDIENTS

- 1 pint cherry tomatoes
- 4 cloves garlic
- splash of oil
- pinch of salt and pepper

DIRECTIONS

Preheat oven to 375°. Line a tray with parchment paper. Halve tomatoes and toss with garlic, oil, salt and pepper. Spread out on parchment.

Roast for 20 minutes, or longer. Watch the tomatoes to ensure they don't burn, but the longer you cook them the more delicious they get!



BUTTERNUT SQUASH WITH SPINACH, PINE NUTS & FETA

REBBETZIN ESTELLE FELDMAN



INGREDIENTS

- 2 medium butternut squash
- 3 Tbsp olive oil
- $\frac{2}{3}$ cup fresh spinach leaves
- squeeze of lemon juice
- $\frac{1}{3}$ cup crumbled Greek feta cheese
- 2 Tbsp pine nuts

DIRECTIONS

Preheat oven to 350°. Cut each butternut squash in half lengthwise, then scoop out the seeds and discard (or save for roasting another time).

Place squash on a baking tray and prick the flesh all over with a fork. Brush with olive oil and bake for 20 minutes or until tender.

Put spinach in a large pan with a little water and lemon juice. Heat through until wilted. Allow to cool and squeeze excess water out of spinach. Mix the spinach, feta, and pine nuts together. Season with salt and freshly ground black pepper.

Fill the butternut squash halves with the spinach mix and bake for a further 10 minutes.

Divide the squash among 4 plates and drizzle each with olive oil. Serve with a green salad, piping hot potatoes or pasta.



FORGOTTEN ZUCCHINI

COOKING FOR THE KING

RENEE CHERNIN

One day, with too many pots on the stove, I forgot to keep my eye on this simple side dish. The result was a dish that has become a surprise favorite of my family and “Cooking for the King” readers.

TESTER’S TAKE

This savory vegetable dish will become your new go-to Shabbos side! Works well with whole or halved green beans, too.

INGREDIENTS

3 Tbsp olive oil
2 onions, chopped
6 garlic cloves, minced
2 lbs zucchini, sliced ¼” thick
2 lbs tomatoes, chopped (or 28-oz can diced tomatoes)
¾ tsp kosher salt
½ tsp sugar
¼ tsp pepper

DIRECTIONS

In a large skillet with a lid, heat oil over medium heat.

Add onions and cook, stirring occasionally, 10 to 15 minutes, until soft. Add garlic and stir one minute.

Increase heat to high, and add zucchini and tomatoes. Bring to a simmer, cover, reduce heat to low and cook 30 to 40 minutes.

Uncover and continue cooking until liquid is almost evaporated, 8 to 12 minutes. Gently stir in salt, sugar and pepper.



SPAGHETTI SQUASH WITH JULIENNED PEPPERS

ISRAELI KITCHEN.COM

SARAH FAYGIE BERKOWITZ



INGREDIENTS

- 1 spaghetti squash
- 1 jar marinara sauce
- 1 each red, green and orange bell pepper
- 1 medium onion
- olive oil
- salt and red chili pepper, to taste

DIRECTIONS

Preheat oven to 400°. Line two baking sheets with parchment paper.

Wash and dry squash, and pierce several times with a sharp knife to create air holes. Place on baking sheet and bake for 30 - 45 minutes, or until shell softens.

Slice onions and peppers very thin, and toss with olive oil, salt and chili pepper. Spread out onto second baking sheet and roast for 20 minutes, stirring to roast evenly after 10 minutes. Remove peppers and onions from oven.

When squash is soft, slice in half, remove seeds, and scrape out flesh. Transfer to serving bowl.

Pour marinara over squash, and top with roasted peppers and onions. Serve hot.



ROASTED ROOT VEGGIES

CHAYA LEAH MALKA STARKMAN



INGREDIENTS •

3 beets, peeled and diced

3 yams, peeled and diced

1 medium butternut squash, peeled and diced

olive oil

black pepper, basil, oregano (optional)

salt, to taste (optional)

DIRECTIONS •

Preheat oven to 400°. Place vegetables on a baking pan, and drizzle with olive oil.

Sprinkle with seasonings and bake for 45 minutes to an hour or until vegetables are soft.



COCONUT MILK ICE CREAM

LIEBER'S COCONUT MILK AD SEEN IN BINAH MAGAZINE

LESLEE MORRIS

This is a Pesach family favorite!

EDITOR'S NOTE •

So many people these days are trying to limit their intake of animal products, and this ice cream (as well as the aquafaba version in this section) offers a great non-dairy alternative. Additionally, when you make your own ice cream you can control what goes into it - this recipe has no preservatives, nothing artificial, and can be customized with the flavors or add-ins of your choice.



INGREDIENTS •

26-oz can coconut milk (chilled for at least 4 hours)

1 cup sugar

2 tsp vanilla extract

DIRECTIONS •

Blend ingredients until smooth. Freeze for 30 minutes.

Whisk briskly or use immersion blender. Freeze again for 30 minutes and whisk again.

Repeat every 30 minutes until frozen and creamy.

BLACK CHERRY SORBET

SUPER IMMUNITY



CHANTZA LAWRENCE

I love easy and delicious - and this recipe is both!

TESTER'S TAKE

This is a serious, superfood sorbet - and it tastes rich, lightly sweet, and full of flavors.

If you use a food processor rather than a high-powered blender, the consistency will be slightly textured and not as smooth.

To freeze and serve later, you'll want to go through the process of partially defrosting, and then reblending the ingredients to achieve a smoother consistency.

INGREDIENTS

3 cup frozen sweet black cherries
1 cup vanilla almond, soy or hemp milk
1 frozen ripe banana
½ cup walnuts
3 Medjool dates, pitted

DIRECTIONS

Blend all ingredients in a high-powered blender and serve immediately.

Serves 3.





STRAWBERRY SORBET

ESTHER PRANSKY

You can experiment with this recipe using any combination of fruits and fruit juices.

TESTER'S TAKE

We made strawberry, blueberry, and mango sorbet and all were equally delicious. The strawberry is the least sweet, so if you have a sweet tooth expect to add more sugar to that one. Blueberry and mango were pretty sweet on their own, and the sugar just helped sweeten it slightly. While you're pulling out the processor, make all three and serve them in scoops for a gorgeous, colorful dessert. And if you go from light fruit to dark, there's no need to wash out the processor bowl in between - a small amount of the other fruits will only enhance the flavor!

INGREDIENTS

2 cup strawberries (frozen works best)

$\frac{1}{2}$ cup orange juice

$\frac{1}{2}$ cup sugar

DIRECTIONS

Blend all ingredients well in a food processor and freeze overnight in an airtight container.

Remove from freezer and defrost just enough to cut the sorbet into chunks. Re-blend in a food processor until the sorbet is smooth.

Freeze until ready to eat.





NO-BAKE CHOCOLATE PECAN DATE BARS

ALEX IDOV, BOURBON & SCHMALTZ

These awesome 6-ingredient no-bake chocolate and pecan date bars are crazy simple to prepare. Throw all the ingredients into a food processor, pulse, press into a pan, cover with chocolate, and you're done. Seriously simple. Kosher-for-Passover, gluten-free, and vegan. Enjoy, y'all.

INGREDIENTS

Pecan layer:

½ cup firmly-packed Deglet Noor or Medjool dates
½ cup unsalted, unsweetened, natural almond butter
1 ½ cup raw pecan halves, divided
1 teaspoon vanilla extract
¼ teaspoon salt

Chocolate Layer:

½ cup semi-sweet dark chocolate chips
¼ cup + 1 tablespoon unsalted, unsweetened, natural Almond Butter

DIRECTIONS

Line an 8" square baking pan with wax paper or parchment paper. Set aside.

Add dates and almond butter to a food processor. Blend for 1 - 2 minutes, or until you get a sticky and crumbly mixture. Add 1 cup of pecans, vanilla, and salt. Blend another 45 seconds to 1 minute, or until pecans are fully incorporated and mixture is soft and crumbly. Add remaining ½ cup of pecans and pulse mixture a few times to chop the pecans into small pieces. Spoon mixture into prepared baking pan and press down and smooth mixture into an even layer.

Combine chocolate chips and ¼ cup plus 1 Tbsp almond butter over a double boiler set over medium heat. Stir mixture until chocolate has completely melted and mixture is smooth. Pour the chocolate over the pecan-date layer and spread evenly across the top. Refrigerate for 1 hour, or until firm. Cut into 36 (3 ½") squares.





• FLOURLESS CHOCOLATE COOKIES

JUDY LIPIS

Great recipe for Pesach or for those who avoid gluten. You can add walnuts and/or chocolate chips for a richer cookie - you lose the fat-free element, but it yields some very tasty cookies!

TESTER'S TAKE •

These flourless chocolate cookies are sweet, chocolatey, and addictive. The cookies come out flat and chewy, as they have no baking soda or powder, so they're more like a lace cookie in texture and shape.

Definitely a keeper for those avoiding flour, or for Pesach baking!

If you don't like very sweet cookies, you can try adding a little extra cocoa powder and cutting back very slightly on the powdered sugar - about a $\frac{1}{4}$ cup. You can also add chopped nuts instead of chocolate chips for less sweetness.

INGREDIENTS •

2 $\frac{1}{4}$ cup confectioner's sugar

$\frac{1}{4}$ tsp salt

1 tsp instant coffee (I use decaf)

3 large egg whites

2 tsp vanilla extract

1 - 2 cups chocolate chips, optional

$\frac{1}{2}$ cup chopped walnuts, optional

DIRECTIONS •

Preheat oven to 350° degrees. Line two cookie sheets with parchment paper; then grease them (don't skip greasing the parchment or cookies will stick!)

Mix dry ingredients together, then stir in egg whites and vanilla until smooth.

Using a teaspoon, drop dough onto baking sheets 3" apart. Bake cookies 6 to 8 minutes, depending on the size of the cookies - they should appear shiny with some "crackles" on top.

Let cookies cool on baking sheet before removing them, otherwise they tend to crumble.



CHOCOLATE & VANILLA MERINGUES

WEIGHT WATCHERS WEEKLY

RHODA GLEICHER

This is a great dessert any time of the year, including Pesach, and it won't bust your diet!

TESTER'S TAKE

Chocolate and mint go very well together, so if you're a fan of the flavor combo, add a drop or two of mint extract to the egg whites while beating. Not a fan of peppermint? Try rum, hazelnut, or rose extract. Meringues whip up best in metal or glass bowls - plastic tends to be porous and can hold onto old grease, which will impact the meringue's ability to whip up.

INGREDIENTS

- 4 large egg whites
- ½ tsp distilled white or cider vinegar
- 1 cup sugar
- 2 tsp vanilla extract
- 2 Tbsp unsweetened cocoa powder

DIRECTIONS

Preheat oven to 200 degrees. Line 2 baking sheets with foil.

In a large bowl, beat egg whites with an electric mixer until frothy. Add vinegar, and beat until soft peaks form. Increase speed to high and gradually add sugar. Beat until glossy stiff peaks form. Beat in vanilla.

Remove half of meringue to another bowl, and stir in cocoa until blended.

Spoon tablespoons of both meringues onto prepared baking sheets, about 1" apart. You can make ½ vanilla and ½ cocoa flavored, or mix them together and make a swirl design to have the best of both!

Bake for 3 hours. Turn off oven, and leave meringues in for 1 more hour. Peel the meringues off foil and put them in an airtight container or ziploc bag.





LOW-FAT CHEESECAKE

ADAPTED FROM WEIGHT WATCHERS

RAE BELLMAN

This yields 4 portions of a high protein breakfast, snack, or dessert. You can top with fruit for a beautiful and delicious presentation, and for even more nutrients!

TESTER'S TAKE •

This cheesecake was so quick and easy, and came out delicious! It is lightly sweet, as the only sugar is from the pudding. We made this using Cabot greek yogurt, which has a very creamy thick, pudding-like consistency.

INGREDIENTS •

30-oz plain Greek fat free yogurt
3 eggs
1 box instant vanilla (or cheesecake)
pudding mix
2 Tbsp vanilla extract

DIRECTIONS •

Preheat oven to 350°. Beat all ingredients, and pour into a parchment lined 8x8" pan.

Bake for 35 minutes. Allow to cool before slicing.

