

Imamother Cooks:



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Welcome!

Suppers

Imamother - Connecting Frum Women

Imamother is a place where you can share recipes, get cooking tips, and ask questions. We offer our community the ability to post questions anonymously. We enable you to find answers and support for the most mundane to the most complex questions. We feature a platform where women from all across the world can share their advice about parenting and marriage issues and talk about topics that are important to us.

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for a Year

Year

52 Weeks of Recipes From the Women of Imamother

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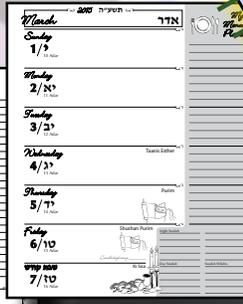
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אדר תשע"ה

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Introduction

Yael

One of the many challenges every mother faces is preparing and serving supper each night. Often, the hardest part is deciding what to make. There are some days that I spend longer deciding what to make for supper than actually cooking it. It is for times like these that this cookbook, *Suppers for a Year*, was designed.

Suppers for a Year is a project of the Imamother.com community. Our members were offered the chance to join this project by submitting one week's worth of supper ideas, including recipes. The recipes were collected, edited, formatted, indexed, and proofread by several dedicated Imamother members. After a lot of hard work, this beautifully-designed cookbook emerged.

Each week's menu has been created by a different Imamother member. While there are many similar supper ideas, it is incredible to see how no two recipes are alike. With 52 weeks' worth of supper recipes at your fingertips, your suppers for the year have already been planned for you!

Imamother members support and help each other both in real life and in our online forum. While we are busy cooking in our kitchens and feeding our families, it is appropriate to remember to set aside tzedaka for those who are too poor to afford food. In this spirit, if you benefit from this cookbook, please consider sending a nominal donation to Yad Eliezer, which feeds the poor in Israel, to your local Tomchei Shabbos, or to a tzedaka of your choice.

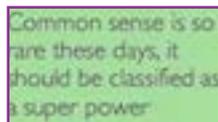
Yael Cozocar
Founder of Imamother

About *imamother.com*

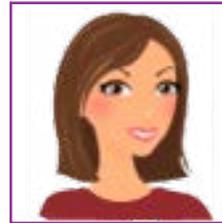
Imamother is a place where you can come to relax, socialize, debate, share tips, and ask questions. We are a warm community of frum Jewish women. We offer our members the opportunity to post questions anonymously. We enable you to find answers, support and advice for the mundane to the most complicated questions. We feel frum women all across the world deserve a place to connect, socialize, share advice about parenting and marital issues, and talk about issues that are important to us.

Our Contributors

Many thanks to the Imamothers who put this cookbook together:



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Table of Contents**



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**Yael
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And, of course, to all the Imamothers who sent in their recipes!

Notes:

Please note that all recipes are in American measures: degrees F, cups, teaspoons/tablespons, etc.

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Week One

Sunday

Chicken Cutlets

Use as many chicken breasts as you need. Mix flour with salt, garlic powder and paprika. Dip cutlets in flour mixture and put into 9x13 pan with cut-up onions, peppers, and mushrooms. Mix equal amounts of oil, soy sauce, and brown sugar (e.g., ¼ cup each). Pour over chicken and bake at 375 degrees, covered. Stir after 30 minutes. Cover and bake for another 30 minutes.

Roasted Potatoes

Ingredients:

6–8 potatoes, cubed
2 sweet potatoes
3 tablespoons olive oil
2–3 tablespoons mayonnaise
2 tablespoons onion soup mix
Sprinkling of paprika
Salt to taste

Method:

Fill 9x13 pan with potatoes. Add ingredients and mix. Bake uncovered at 450 degrees for 45 minutes, stirring occasionally.

Angel Hair Pasta Salad

Ingredients:

Angel hair pasta, cooked
Red pepper, diced
Fresh snap peas, cut up

Method:

Add red pepper and snap peas to cooked pasta. Mix together dressing ingredients. Pour over pasta.

Dressing:

½ cup soy sauce
¼ teaspoon ginger
¼ cup sugar
1 clove garlic
½ cup oil
1 tablespoon sesame seeds

Week One

Manday

Baked Chicken

Ingredients:

4 chicken bottoms
or quarters
½ cup honey
¼ cup soy sauce
4 tablespoons sugar
¼ cup ketchup
1 teaspoon garlic powder
⅛ teaspoon paprika

Method:

Pour sauce over chicken and bake at 350 degrees for 1 hour 45 minutes covered, and then for 20 minutes uncovered.

Craisins® Cabbage Salad

Ingredients:

Handful Craisins®
Handful chopped pecans
(optional)
½ head white cabbage

Method:

Mix together ingredients for dressing. Pour over salad and toss.

Dressing:

1 cup mayonnaise
5 tablespoons sugar
3 tablespoons vinegar

Week One

Tuesday

Beef Goulash with Spaghetti

Ingredients:

2 pounds beef, cut into cubes
2 large onions
2 cloves garlic
1 cup ketchup
2 tablespoons Worcestershire sauce *(I substituted half soy sauce and half lemon juice. If you do buy Worcestershire sauce, make sure you buy one that doesn't have fish in it—some of them are labeled "OU-fish")*
1 tablespoon brown sugar
1 tablespoon paprika
1 teaspoon mustard
2 teaspoons salt
1¼ cups water
2 tablespoons flour

Method:

1. Brown meat on all sides. Add onions and garlic. *(I fried the onions at the same time as the meat and put the garlic in later, so it wouldn't burn.)* Add ketchup, Worcestershire sauce, sugar, paprika, mustard, salt, ¾ cup water, and mix. Simmer for 90 minutes, covered. Uncover pot and simmer another 30 minutes. *(I did it all covered.)* Check every so often and add more water if necessary. Also flip the meat over every so often so the bottom doesn't burn.

2. Blend flour and remaining water to make a paste. Stir this paste into the meat mixture. *(I skipped this step because the sauce was already very thick after simmering it.)* Heat to boiling and stir for 1 minute to thicken.

3. Serve with cooked spaghetti.

Cooked spaghetti.

Green Salad with Garlic Dressing

Ingredients:

Salad:

Any greens you have in the house, plus any other veggies

Method:

Mix together ingredients for dressing. Pour over salad and toss.

Garlic dressing:

3 tablespoons sugar
¼ tablespoon mustard
¼ tablespoon pepper
½ tablespoon salt
1 tablespoon soy sauce
¼ cup vinegar
1 cup mayonnaise
4 cloves garlic

Week One

Wednesday

Baked Onion Chicken

Ingredients:

1 chicken, cut into eighths
¼ cup oil
3 tablespoons onion soup mix
1 tablespoon paprika
Sliced onions (*Recipe calls for 3, but that's too much. Use as many as you want—they come out really soft and yummy.*)

Method:

Place sliced onions in 9x13 pan. Put chicken pieces on top and place more onions on top of the chicken. Mix together the sauce ingredients and pour it over everything. Bake at 350 degrees, covered, for at least 90 minutes, and then uncover for a few minutes.

Mashed Potatoes

Ingredients:

Potatoes
Onions
Oil, to taste
Salt, to taste

Method:

Boil potatoes until they can be pierced easily with a fork—maybe 20–30 minutes, depending on the size of potatoes.
Sauté onions in lots of oil until golden brown.
Drain potatoes, leaving some water, and mash them (with a fork, or fancy potato masher if you got one as a wedding gift). Add onions and oil. Add salt.
Mix and taste to see if it needs more oil or salt.

Green Salad with Creamy Dressing

Ingredients:

Salad:

Any greens you have in the house, plus any other veggies

Method:

Mix together ingredients for dressing. Pour over salad and toss.

Dressing:

1 cup mayonnaise
½ cup sugar
3 tablespoon lemon juice
Garlic powder to taste

Week One

Thursday

Roasted Red Bell Pepper Soup

Ingredients:

5–6 bell peppers (not green),
cut in half and cored, stems
and seeds removed
4–5 tomatoes, cut in half
4 large garlic cloves, in skin
3 shallots or 1 onion,
peeled and cut in half
2 tablespoons olive oil
2½–3 cups chicken/vegetable
stock (or water plus
soup mix)
Salt
Pepper

Method:

Heat oven to 425 degrees. Put veggies in roasting pan. Pour on splashes of oil and toss to coat. Add peppers and tomatoes, cut side down. Roast for 50–60 minutes, until pepper and tomato skins are charred and the garlic and onion are soft. Let veggies cool. Cut off the garlic ends and squeeze the garlic out of its skin. Remove skin from peppers and tomatoes. *(I was lazy so I didn't remove all the skins. Soup still came out well)*

Put veggies in pot, add stock and bring to a boil. Lower the flame and simmer for 15 minutes, uncovered. Puree with blender/stick blender. Strain if you want *(I didn't bother)*.

Reheat, add salt and pepper.

Continued on next page

Week One

Thursday

Thin-Crust Pizza with Red-Wine Tomato Sauce

Ingredients:

3 cups flour
1 cup water
2¼ tablespoons dry yeast
1 tablespoon salt
1 tablespoon sugar
1 tablespoon oil
Cornmeal, for dusting (optional)

Method:

Combine flour, water, yeast, salt, and sugar (don't let the salt and yeast touch). Add 1–2 tablespoons flour or water if necessary. Add oil and mix well. Dust with flour, cover, and let rise 30 minutes. Dust baking sheets with cornmeal (optional).

Roll out dough so that it's very thin and place it on your baking sheet. Top with red-wine tomato sauce (recipe below), cheese, and any other toppings you want (such as fried onions, mushrooms, bell pepper, olives, and more).

Bake at 500 degrees for 10–11 minutes. (The dough will still be soft and raw-looking.)

Red-Wine Tomato Sauce

Ingredients:

¼ cup tomato paste
¼ cup water
1 tablespoon red wine
1½ tablespoons sugar
¼ tablespoon salt
¼ tablespoon oregano

Method:

Mix everything together until a sauce is formed.

Week Two

Sunday

Chicken and Spaghetti

Ingredients:

1 whole chicken
2 cloves garlic, minced
2 tablespoons olive oil
1 teaspoon kosher salt
2 onions, sliced
½ cup water
1 pound spaghetti

Sauce

8 ounces tomato sauce
10 ounces chicken broth
2 teaspoons cinnamon
Drippings from roasted chicken

Method:

Make a paste with the garlic, oil, paprika and salt. Rub this over the chicken.

Line the bottom of your baking pan with sliced onions and place the chicken on top.

Add ½ cup water. Bake uncovered at 500 degrees for 30 minutes.

Lower temperature to 350 degrees. Cover and bake for another hour or until tender.

When chicken is cool cut into pieces, removing the skin and bones.

Cook spaghetti according to package directions. Add chicken to spaghetti and mix together.

Combine sauce ingredients and pour over the chicken and the spaghetti.

Bake, covered, at 400 degrees for 30 minutes.

Remove cover and bake for an additional 15 minutes.

Israeli Salad

Ingredients:

Persian cucumbers, diced
Plum tomatoes, diced
Chopped onion
Chopped parsley
3 tablespoons extra virgin olive oil
3 tablespoons fresh lemon juice
Salt to taste (*I use about ½ teaspoon*)

Method:

Mix together.

Week Two

Manday

Meatballs and Rice

Serve with cut-up veggies for a complete meal.

Ingredients:

- 1 pound lean ground beef
- 1 egg
- 2 tablespoons water
- ½ cup bread crumbs
- 3 tablespoons minced onion
- 1 8-ounce can jellied cranberry sauce
- ¾ cup chili sauce
- 1 tablespoon brown sugar
- 1½ teaspoons lemon juice

Method:

Preheat oven to 350 degrees.

In a large bowl, mix together the ground beef, egg, water, bread crumbs, and minced onion. Roll into small meatballs.

Bake in preheated oven for 20 to 25 minutes, turning once.

In a slow cooker or large saucepan over low heat, blend the cranberry sauce, chili sauce, brown sugar, and lemon juice. Add meatballs, and simmer for one hour before serving.

Week Two

Tuesday

Pizza Dough

Ingredients:

2¼ teaspoons active dry yeast
½ teaspoon brown sugar
1½ cups warm water
(110 degrees/
45° Celsius)
1 teaspoon salt
2 tablespoons olive oil
3⅓ cups all-purpose flour

Method:

In a large bowl, dissolve the yeast and brown sugar in the water. Let sit for ten minutes. Stir the salt and oil into the yeast solution. Mix in 2½ cups flour. Turn dough out onto a clean, well-floured surface. Knead in more flour until the dough is no longer sticky. Place the dough into a well-oiled bowl and cover with a cloth. Let the dough rise until doubled in size; this should take about one hour. Punch down the dough and form it into a tight ball. Allow the dough to relax for a minute before rolling out. Use for your favorite pizza recipe. Preheat oven to 425 degrees. If you're baking the dough on a pizza stone, you may place your toppings on the dough and bake your pizza immediately. If you're baking your pizza in a pan, oil the pan lightly. Then let the dough rise for 15 or 20 minutes before topping and baking it.

Caesar Salad

Ingredients:

Chopped romaine lettuce
Sliced red onion
Sliced black olives
Grape tomatoes sliced in half
Croutons

Dressing:

⅓ cup olive oil
3 tablespoon mayonnaise
1 tablespoon honey Dijon mustard
1 tablespoon lemon juice
1 tablespoon red-wine vinegar
1 teaspoon salt
½ teaspoon black pepper

Week Two

Wednesday

Barbecued Meatloaf

Ingredients:

2 pounds ground beef
1 egg
¾ cup bread crumbs
½ cup barbecue sauce
2 tablespoons onion powder
2 tablespoons garlic powder
1 tablespoon dried parsley flakes

Method:

Preheat oven to 350 degrees. Lightly grease a 9x5x3 loaf pan with non-stick cooking spray. Place all ingredients in a large bowl. Mix well. Press into prepared loaf pan. Bake, uncovered, at 350 degrees for one hour. Loosen edges of meatloaf with a blunt-edged knife and turn meatloaf out onto a platter. Slice and serve.

Baby Spinach and Portobello Mushrooms

Ingredients:

1 tablespoon olive oil
1 6-ounce package sliced portobello mushrooms
1 10-ounce package baby spinach leaves
1 red onion, thinly sliced
10 grape tomatoes, halved

Dressing

⅓ cup olive oil
2 tablespoons balsamic vinegar
2 tablespoons mayonnaise
1 teaspoon prepared, minced garlic
½ teaspoon sugar
½ teaspoon kosher salt

Method:

In a 12-inch skillet, heat oil over medium heat. Add mushrooms and sauté for five minutes. Set aside. Place baby spinach, onion and tomatoes in a salad bowl. In a small bowl, whisk together all the dressing ingredients until smooth and creamy. Pour over salad. Spoon mushrooms over salad. Toss gently and serve.

Week Two

Thursday

Maple Salmon

Ingredients:

¼ cup maple syrup
2 tablespoons soy sauce
1 clove garlic, minced
¼ teaspoon garlic salt
1/8 teaspoon ground black pepper
1 pound salmon

Rice, for serving, optional

Method:

In a small bowl, mix together the maple syrup, soy sauce, garlic, garlic salt, and pepper.

Place salmon in a shallow glass baking dish, and coat with the maple-syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.

Preheat oven to 400 degrees.

Place the baking dish in the preheated oven and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

Roasted Green Beans

Ingredients:

2 pounds fresh green beans
1 tablespoon extra virgin olive oil
½ teaspoon garlic powder
1 teaspoon salt
¼ teaspoon black pepper

Method:

Toss together all ingredients in a bowl.

Lay them out on a large baking sheet so the green beans don't overlap or touch one another (as much as possible).

Bake at 375 degrees for 25 minutes or until green beans begin to shrivel and are crisp-tender.

Green Salad

Salad:

Whatever veggies you want

Dressing:

Oil
Vinegar
Salt
Pepper
Garlic powder

Week Three

Sunday

Sunshine Vegetable Soup

Ingredients:

4–6 carrots
1 small sweet potato
1 orange or yellow bell pepper
6–8 ounces butternut squash
2 sticks celery
1 onion
1 clove garlic, chopped
1¾ pints hot vegetable stock
(made with a stock cube)
1 ounce dried red lentils
1 teaspoon ground coriander
¼ teaspoon turmeric
Black pepper, to taste
Fresh chopped cilantro, as
garnish

Method:

Peel and chop the vegetables into chunks.
Fry the onion in 1 tablespoon olive oil until soft.
Add the other vegetables and the spices to the pan, and sauté for 5 minutes.
Pour in the stock and bring to a boil.
Reduce heat and simmer for around 20–30 minutes, or until all the vegetables are soft.
Purée in a blender or using a stick blender, until smooth.

Vegetarian Scotch Eggs

Ingredients:

4 hard-boiled eggs, shelled
3 heaping tablespoons tomato
paste
1 onion, chopped and sautéed
1 or 2 eggs (to make the
mixture soft and sticky)
4 ounces chopped mixed nuts
(*I use pecans, almonds,
walnuts and hazelnuts*)
2 ounces ground nuts
2 ounces shredded cheese
Salt
Pepper

Method:

Put onion, nuts, cheese, tomato paste, 1 egg, salt and pepper in bowl. Mix together, adding another egg if the mixture does not hold together.
Take hard-boiled eggs. Pat this mixture around hard-boiled eggs.
(*I top with sesame seeds.*)
Bake at 375 degrees until browned.

Week Three

Manday

Baked Ziti

Serve with garlic bread, steamed cauliflower, or cucumber and carrot sticks.

Ingredients:

1 pound pasta, cooked
8 ounces cheese
Tomato sauce—ready-made, or
follow my recipe (below)

Method:

Mix together pasta and sauce. Spray a 9x13 dish with cooking spray and pour in pasta and sauce. Top with cheese. Bake at 350 degrees until sauce is brown and bubbling.

Tomato Sauce

Ingredients:

1 16-ounce can crushed tomatoes
1 6-ounce can tomato paste (Israelis: Use a 100 g container of tomato paste—22 or 28 BX are fine)
1 onion
3 cloves garlic
2 teaspoons oregano
Pinch hot red pepper flakes
Dash wine
¼ cup sugar
Salt and pepper, to taste

Method:

Sauté onions until translucent.
Add garlic and sauté for two minutes, then add sugar and a dash of wine (can be any wine, including flat sparkling wine, red wine, and more).
Add tomato products, sugar, salt, pepper, red pepper flakes, and oregano.
Cover, simmer on very low, and allow to cook down for about 20 minutes.
If you like a smooth sauce, blend the sauce. If you like a chunkier sauce, do not blend.

Continued on next page

Week Three

Manday

"Chick'n" Caesar Salad

Ingredients:

3 heads romaine lettuce
Fake chicken schnitzel/ nuggets,
cooked and cut into strips (to
taste)
¼–⅓ cup fresh Parmesan
cheese
1 cup croutons

Method:

Put oil into food processor. Add garlic and mince.
Add vinegar, lemon juice, seasoning and cheese.
Process 8–10 seconds.

Combine all ingredients, toss and mix
thoroughly.

Dressing:

½ cup corn oil
2 cloves garlic
¼ cup red wine vinegar
1 tablespoon lemon juice
½ teaspoon salt
Black pepper, to taste
½ teaspoon sugar

Week Three

Tuesday

Mushroom Quiche

Ingredients:

1 ready-made frozen pie crust
(or make your own short crust
pastry)
10–12 ounces mushrooms,
thinly sliced
1 large onion, thinly sliced
1 cup milk
1 cup shredded cheese, divided
3 eggs
Salt and pepper to taste
Oil for frying

Method:

Preheat oven to 350 degrees.
Fry mushrooms until lightly browned and crispy.
Remove from heat and set aside.
Fry onions until translucent; remove from heat
and set aside.
Cover bottom of pie crust with ½ cup cheese.
Cover cheese with onions and mushrooms.
Beat together milk, eggs, salt, and pepper. Pour
mixture over onions and mushrooms. Top with
remaining half-cup of cheese. Cook for about 40
minutes, or until quiche is lightly browned and a
knife inserted comes out clean.

Greek Roasted Oven Fries

Ingredients:

4 large potatoes, peeled and cut
into thick wedges
1 cup water
½ cup oil
4 peeled and cut garlic cloves
Coarse salt
Coarsely ground pepper

Method:

Preheat oven to 420 degrees.
Spray the bottom of a large roasting pan with
cooking spray. Arrange potatoes so they are
all touching bottom of dish. Do not stack these
potatoes!
Put garlic, salt and pepper over potatoes. Mix
together oil and water and pour over potatoes,
turning potatoes to coat.
Put in oven and bake for about 40 minutes. Flip
potatoes over once they are brown and crispy on
top. Bake again for 40 minutes, until potatoes
are crispy all over. The oil and water will have
been (mostly) absorbed into potatoes when they
are taken out.

Make-Your-Own Green Salad

We like to use romaine lettuce and then top with whatever we like.
I put out bowls of nuts, seeds, cucumbers, onions, tomatoes, peppers.

Week Three

Wednesday

"Neatballs" With Hidden Vegetable Sauce

Ingredients:

4 ounces chopped nuts
6 ounces ground hazelnuts
3 tablespoons boiled brown rice
1 onion, finely chopped
2 eggs
3 tablespoons tomato paste
1-2 ounces shredded cheese
(plus extra for topping,
optional)
Salt and pepper

Method:

Sauté onion.
Mix together all ingredients. Wet hands and shape into meat-balls. Top with a little bit of shredded cheese. Place on greased baking tray.
Bake at 400 degrees until browned.
Serve with brown rice, green salad and sauce, below.

Hidden Vegetable Tomato Sauce

Adapted from AnnabelKarmel.com

Ingredients:

2 tablespoons olive oil
4 cloves garlic, minced
2 onions, peeled and chopped
2 carrots, peeled and shredded
1 zucchini, shredded)
1 bell pepper, any color,
chopped
4 ounces mushrooms
1 teaspoon balsamic vinegar
1 28-ounce can whole tomatoes
1 teaspoon brown sugar
A sprinkle or two of sea salt and
freshly ground pepper
1 teaspoon dried oregano
A handful of fresh basil leaves,
torn

Method:

Heat the oil in a pan. Add the garlic and sauté for a few seconds, then add the onion and sauté for another two minutes.
Add the carrots, zucchini, bell pepper, and mushrooms and sauté for four minutes, stirring occasionally.
Add the balsamic vinegar and cook for one minute.
Stir in the tomatoes and sugar, cover and simmer for ten minutes.
Add the basil and oregano. Add salt and pepper to taste.
Transfer to a blender and whizz until smooth.

Week Three

Thursday

Lemon Pasta

Ingredients:

1 pound (500 g) dried linguine/
tagliatelle/spaghetti pasta
Juice of 2 lemons, zest of 1
6 tablespoons extra virgin olive
oil
½ pound Parmesan cheese,
grated
sea salt
freshly ground black pepper
1 large bunch fresh basil, leaves
picked and finely chopped

Method:

Cook the pasta in a generous amount of boiling, salted water for about 12 minutes, then drain thoroughly and return to the saucepan.

Meanwhile, beat the lemon juice and zest with the olive oil, then stir in the Parmesan—it'll become thick and creamy.

Season and add more lemon juice, if needed.

Add the lemon sauce to the linguine and shake the pan to coat each strand of pasta with the sauce (the Parmesan will melt when mixed with the pasta).

Finish by stirring in the chopped basil.

Serve with steamed broccoli.

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Week Three

Thursday

Sweet Potato Tropical Salad

Ingredients:

2 heads romaine lettuce
3 large sweet potatoes, cut into very small cubes
Seeds of 1 large pomegranate
1/8 onion, very small dice
1/8 cup Craisins®
1/4 bag Terra Stix®
1/8 cup oil
Onion powder
Garlic powder
Salt
Pepper
(Dressing recipe below)

Method:

Preheat oven to 375 degrees.
Toss sweet potato with oil, onion powder, garlic powder, salt, and black pepper. Spread onto cookie sheet and cook until lightly browned and tender.
Combine rest of ingredients. Add sweet potato when at room temperature.
Toss with maple dressing. Serve.

Creamy Maple Dressing

Ingredients:

1/2 cup canola oil
1/4 cup maple syrup
1/4 cup mayonnaise
3 tablespoons white wine vinegar
2 teaspoons sugar
Salt and pepper to taste

Method:

Whisk together syrup, mayonnaise, vinegar and sugar in medium bowl. Whisk in oil gradually until the mixture thickens slightly. Season to taste with salt and pepper.
For a summery flavor, dress with a pineapple vinaigrette.

Week Four

Sunday

Whole Wheat Pizza

Ingredients:

Dough:

1 package instant yeast
1 cup warm water
1 teaspoon sugar
1 teaspoon salt
2 tablespoons olive oil
2 cups whole-wheat flour
½ cup all purpose flour

Your favorite pizza sauce
1–2 packages shredded cheese

Toppings:

Sliced onions, lightly sautéed
peppers and onions, sliced
mushrooms (fresh or canned),
sliced olives, or chopped
thawed broccoli

Method:

Dissolve yeast in water with sugar. Add remaining ingredients plus as much more flour as needed to knead into a smooth dough. Allow to rest at least five minutes. Preheat oven to 425 degrees.

Roll out dough to fit a cookie sheet. Cover with pizza sauce, leaving a margin for the crust. Add whichever combination of vegetables you desire (*I usually leave one quarter plain and put three different vegetables on the other three quarters.*) Bake 15–20 minutes until done.

Serves two adults and three little kids.

Green Salad

Ingredients:

1 head lettuce
1 tomato, firm and ripe
½ English cucumber
Osem Caesar salad dressing

Method:

Check head of lettuce if necessary and tear into a large bowl.
Remove the seeds from the tomato. Cut it in half and slice thinly.
Peel and thinly slice the English cucumber.
Toss lettuce and vegetables with Osem Caesar salad dressing.

Week Four

Manday

Carrot Soup:

Ingredients:

6 tablespoons oil
¼ cup flour
2 onions, sliced in rings
2 pounds carrots, peeled and chunked
6 cups water or broth
4 teaspoons chicken or beef soup mix, if you're not using broth

Method:

Heat 4 tablespoons of oil in a large pot, add flour and cook for one minute until thick. Stir in another tablespoon oil. Add the onions and sauté until golden. Add remaining oil and carrots. Sauté the carrots about 10–15 minutes. Stir in liquid and soup mix, if using. Bring to a boil and simmer, covered, for 45 minutes to an hour. Purée the soup with a hand blender or food processor, adding water to thin if necessary.

Curried Chicken Chunks with Cauliflower

Ingredients:

1½ pounds schnitzel, diced
1½ teaspoons curry powder
Salt to taste
¼ teaspoon red pepper flakes, optional
1½ tablespoons minced lemongrass (can substitute lemon juice, but lemongrass tastes much better)
¼ cup canola oil
1½ cups small cauliflower florets
3–4 tablespoons soy sauce
1½ cups coconut milk
2 tablespoons cornstarch, dissolved in the coconut milk

Method:

Toss the chicken with the curry powder, salt, pepper flakes and lemongrass. Heat the oil in a large skillet over a medium-high flame. Add the chicken and cook, stirring occasionally, until it loses its raw color. Add the coconut milk and cauliflower. Bring to a boil and turn the heat down to medium. Cook until cooked through, then stir in the soy sauce and cook a minute or two longer. Serve over rice or noodles.

Coconut milk: You can buy the canned one, but I make my own and it tastes much better, aside from having a better texture. Simply boil up a cup of water with one cup of shredded coconut. Simmer for a couple of minutes, cool and strain. Cook the coconut again with a cup of water, simmer a couple of minutes, and strain again.

Week Four

Tuesday

Creamed Zucchini Soup

Ingredients:

1 onion, chopped
3 cloves garlic, crushed
5 medium zucchini, scrubbed
and cut into chunks
1 small potato, cut into chunks
1 quart chicken or beef broth
Salt and pepper to taste

Method:

Sauté onions and garlic until softened. Add zucchini and potato and sauté a minute or two longer. Add broth (plus water, if necessary) to cover. Bring to a boil and simmer, covered, until potatoes are tender. Purée and add salt and pepper to taste.

Ragu Bolognese

Ingredients:

1 pound ground beef
4 carrots, finely chopped
2 large onions, finely chopped
3 stalks celery, finely chopped
1 ounces tomato paste
½ cup white wine
1 cup beef broth
Olive oil for sautéing
1 cup soymilk, optional

Method:

Sauté vegetables in olive oil. Add the meat and brown well. Stir in the wine and cook on high until the wine is partly evaporated. Add tomato paste and broth and cook for at least three hours on a low flame. Add soymilk, if using, and simmer another five minutes. Season with salt and pepper.

Lettuce with Creamy Garlic Dressing

Ingredients:

1 head of lettuce

Method:

Wash and check a head of lettuce. Tear into a large bowl. Add dressing.

Dressing:

Mayonnaise
Water, to thin
Dash of white wine vinegar
Dash of sugar
Garlic powder
Salt, if necessary

Week Four

Wednesday

Mushroom-Barley Soup

Ingredients:

1 large onion, diced
2 stalks celery, sliced
3 carrots, finely diced
1 pound mushrooms, sliced or diced
½ cup barley
1 bay leaf
8 cups water
Salt and pepper
Paprika, optional

Method:

Sauté onions, celery and carrots until softened. Add water and bring to a boil. Add mushrooms, barley, bay leaf, and salt and pepper to taste. Simmer, covered, for about 90 minutes. You can add some paprika for color the last ten minutes.

Spanish Frittata

Ingredients:

3 tablespoons olive oil
1 large potato, peeled and thinly sliced
1 medium onion, thinly sliced
½ red bell pepper, seeded and sliced
1 tablespoon chopped fresh thyme, or 1 teaspoon dried
6 large eggs
½ cup shredded cheese
2 tablespoons chopped fresh parsley

Method:

Heat 2 tablespoons oil in a 12-inch nonstick skillet over medium heat. Layer half of potato, onion and bell pepper slices in skillet. Season with salt and pepper. Repeat layering and seasoning. Cover and cook until potatoes and vegetables are tender, stirring and turning frequently with spatula, about 20 minutes. Sprinkle with thyme. Cool slightly. Whisk eggs in large bowl to blend. Season with salt and pepper. Add potato mixture to eggs. Wipe skillet clean. Heat 1 tablespoon oil in the same skillet over medium-low heat. Pour egg mixture into skillet and sprinkle with cheese. Cover and cook until eggs are just set, about 10 minutes. Slide frittata onto platter. Sprinkle with parsley. Cut into wedges and serve.

You can slide the pan into the oven for a couple of minutes to finish off the eggs, if you like.

Israeli Salad

Finely dice cucumber and tomato. Season with freshly-squeezed lemon juice, a bit of olive oil, salt, pepper and garlic powder, if desired.

Week Four

Thursday

Vegetable Kasha Soup

Ingredients:

1 onion, diced
1 clove garlic, minced or crushed
2 stalks celery, diced
3 carrots, thinly sliced
½ leek, sliced
2 potatoes, diced
½ parsnip, finely diced, (optional)
½ parsley root, finely diced, optional
Sliced mushrooms, (optional)
Diced zucchini (optional)
½–¾ cup kasha

Method:

Sauté first four ingredients. Add the rest of the vegetables plus water (enough to coat the ingredients), and then add salt and pepper to taste, plus a dash or two of paprika for color. Simmer for 1 to 1½ hours. Add kasha to the soup, 30 minutes before the soup finishes cooking.

If you don't like kasha, you can substitute orange lentils or barley. If you're using barley, add it when you start cooking the soup.

Stuffed Baked Potatoes

Ingredients:

Potatoes, 1–2 per person
16-ounce container of sour cream
Lots of grated cheese
Canned mushrooms
Spinach (*I used Bodek*)
Salt
Pepper
Garlic
Onion flakes

Method:

Scrub the potatoes and cut them in half. Bake them (in the microwave) until they're soft. Scoop out the middle of the potatoes.

Line up the shells on a baking pan. Mash the scooped-out potato centers, and add:

16-ounce container of sour cream, lots of grated cheese, canned mushrooms, spinach (*I used Bodek*). Add spices: salt, pepper, garlic, onion flakes, etc.

Fill the potato shells with the filling.

Place the pan in a hot oven for about ten minutes, until the tops are golden.

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Week Four

Thursday

Tuna Vegetable Salad

Ingredients:

2 5-ounce cans tuna, packed in water
2 tomatoes
1 English cucumber
½ red pepper
½ yellow pepper
3–4 pickles
1 carrot, shredded
Mayonnaise

Method:

Dice all vegetables except carrot. Add to tuna and toss with mayonnaise.

Week Five

Sunday

Chicken Stew

Ingredients:

- 2 onions
- 4 squash
- 4 carrots
- 2 potatoes
- 1 sweet potato
- (You can use any vegetables you want, but don't leave out onions.)*
- 1 whole chicken, cut into quarters or eighths.

Method:

- Sauté onions in a large Dutch oven.
- Add carrots, potatoes and sweet potatoes; sauté.
- Cut squash into chunks and place into pot.
- Cover chicken with salt, pepper, garlic and paprika to taste. (Be generous with garlic and paprika)
- Place chicken in pot, skin side down (so the chicken cooks well).
- Add at least one cup water; you may want to add 2–4 cups for a soupier consistency.
- Cook on a low flame for at least 2 hours—the longer it cooks, the better.

Week Five

Manday

Chicken Burgers

Ingredients:

1 to 1¼ pounds ground chicken breast
1 egg
5 tablespoons breadcrumbs—
2½ if using whole-wheat
½ teaspoon seasoned salt
½ teaspoon garlic powder
½ teaspoon onion powder
2 tablespoons ketchup

Method:

Combine all ingredients. Form patties with wet hands. Spray pan with cooking spray. Fry patties on both sides until they look ready.

Israeli Salad

Ingredients:

Cucumber, tomato, green pepper and Israeli pickles, diced small. Add canned chickpeas, if you'd like.

Dressing:

Two tablespoons olive oil, 1 tablespoon lemon juice, plus salt, pepper and garlic powder to taste.

Rice and Mushrooms

Ingredients:

1 cup brown rice
2½ cups water
½ cup margarine or oil
3 teaspoons onion soup mix
1 teaspoon salt
Sprinkle black pepper
3 tablespoons soy sauce
1 4-ounce can of mushrooms

Method:

Combine all ingredients and mix well. Put into 8x8 pan. Cover and bake at 350 degrees for 1 hour. Uncover and bake another 10–15 minutes (at times, brown rice needs a little longer).

Week Five

Tuesday

Vegetable Soup

Ingredients and Method:

Sauté three onions and a few cloves of garlic until browned. (Not burned!)

Add (approximately) 10 cups water

Add 2 carrots, peeled and chopped

1 large potato, peeled and diced

2 stalks celery, diced

3 plum tomatoes, diced

1 sweet potato, peeled and diced

2 zucchini, peeled and diced

Add 2 squirts of ketchup

Cook on low flame for 2 to 2½ hours

Optional: Add a handful of barley
or a little bit of spinach (Bodek)
or a handful of cut string beans.

Whole Roasted Chicken (adapted from allrecipes.com)

Ingredients:

1 3-pound whole chicken
Olive oil
Kosher salt, pepper, garlic powder, paprika
Baby carrots
Celery

Method:

Preheat oven to 350 degrees. Clean chicken and pat dry. Season both sides generously with kosher salt, pepper, garlic powder, and paprika.

Smear a generous amount of olive oil on the outside of the chicken (both sides), and pour a nice amount of olive oil in the chicken cavity as well. Stuff the inside of the chicken with a few pieces of celery and baby carrots. Place a few baby carrots and pieces of celery on the bottom of the pan, and place the chicken on top.

Bake uncovered at 350 until the chicken is done (skin should look crispy), approximately 3 hours.

Continued on next page

Week Five

Tuesday

Sweet Potatoes

Ingredients:

3 sweet potatoes, or amount
desired
Olive oil
Garlic
Salt
Pepper

Method:

Preheat oven to 350 degrees. Peel sweet potatoes and slice into thin rounds. Cover with olive oil and garlic, salt and pepper to taste. *(Don't use too much olive oil or the sweet potatoes will be soggy.)* Bake for 45 minutes, turn sweet potatoes over and bake for another 45 minutes.

Week Five

Wednesday

Salmon

Adapted from mccormick.com

Ingredients:

Salmon fillets (however many are needed)
1 tablespoon olive oil
1 tablespoon lemon juice
2 teaspoon McCormick Garlic and Herb seasoning

Method:

Method:

Mix together oil, lemon juice and seasoning. Coat the salmon fillets with this seasoning mixture. Place uncovered in oven, at 350 degrees, for 20 minutes or until it reaches your desired consistency. This salmon also tastes delicious steamed.

Couscous

Ingredients:

1 onion
1 10-ounce box fresh mushrooms
2 plum tomatoes
1 zucchini, unpeeled
Bag of Israeli Osem couscous or box of Osem Israeli whole wheat couscous
Vegetables from pot
2½ cup boiling hot water
¼ cup margarine or oil
2-3 tablespoons onion soup mix

Method:

Dice the onion, mushrooms, tomatoes, and zucchini into very small pieces.

Put into 9x13 pan:

Bag of Israeli Osem couscous or box of Osem Israeli whole wheat couscous
Vegetables from pot
2½ cup boiling hot water
¼ cup margarine or oil
2-3 tablespoons onion soup mix

Bake covered at 350 degrees for 30 to 45 minutes.

Week Five

Thursday

Onion Soup

Adapted from the *Bais Yaakov Cookbook*

Ingredients and Method:

Sauté 2–3 large red onions on a low flame for approximately 25 minutes.

Mix together 2 tablespoons onion soup mix, ¼ cup flour, 1 tablespoon salt, and ¼ tablespoon pepper.

Add this mixture to the onions in the pot. Add about 6 cups water and bring to a boil. Simmer for approximately 40 minutes.

Ladle into bowls and serve topped with grated cheese, with toasted bread alongside.

Mushroom-Ricotta Pizza Pitas

Ingredients:

Pitas (delicious with whole-wheat pita), halved to form 2 circles

Mushrooms

Ricotta cheese (skim or part skim, as it can be very fattening)

Method:

Sauté mushrooms for at least 5 minutes. Season generously with garlic.

Spread Ricotta cheese generously on pita halves. Place mushrooms on top. Bake at 350 degrees for 10–12 minutes.

Strawberry Salad with Pink Yogurt Dressing

Ingredients:

Salad:

(The original recipe calls for spinach leaves which are hard to find, so I substitute romaine lettuce.)

1 bag Bodek Romaine lettuce

1 pound strawberries, checked and quartered

1 mango, sliced

1 cup shelled pistachio nuts

1 cup Craisins®

Granola, optional

Dressing:

1 cup vanilla yogurt

2 tablespoons smooth strawberry jam

2 tablespoons honey

2 tablespoons lemon or lime juice

1 tablespoons poppy seeds (optional)

Method:

In a large bowl, combine all dressing ingredients. Add the salad ingredients and serve immediately.

Week Six

Sunday

Easy Sesame Chicken

Ingredients:

1½ pounds skinless, boneless chicken breasts
5 tablespoons ketchup
1 tablespoons mustard
1 tablespoon vinegar
2 tablespoons oil
1 cup brown sugar
1 teaspoon sesame seeds

Method:

Cut chicken into nuggets. Place the nuggets into a bag with some flour. Shake until all nuggets are covered in flour. Spread chicken nuggets in a lined 9x13 pan.

In a small bowl, combine all the other ingredients. Pour this sauce over the chicken and sprinkle with sesame seeds.

Bake at 350 degrees for 30 minutes covered, and another 10 minutes uncovered.

Baked Butternut Squash Fries

Ingredients:

1 large butternut squash (about 5 pounds)
¼ cup olive oil
2 teaspoons kosher salt
¼ teaspoon black pepper

Method:

Preheat oven to 375 degrees. Line two baking sheets with parchment paper.

Peel the butternut squash and cut it into French-fry shapes. (*Try to make the fries as uniform as possible, to make sure they cook evenly.*) Place the fries in a big bowl, and toss with oil, salt and pepper. Spread in a single layer on the cookie sheets. (*I needed two, but use more if you need it. You don't want to double them up on the tray, even a bit.*)

If you find the squash too difficult to peel and cut, you can microwave for about 2 minutes before peeling or cutting.

Bake at 375 degrees for 1½ to 2 hours, turning approximately every half hour. Serve warm.

Week Six

Manday

Vegetable Soup

Ingredients:

1 onion
1 clove garlic
3 large carrots
3 stalks celery
1 red pepper
1 green pepper
1 squash
6 ounces yellow split peas
1 cup navy beans

Method:

Fill a 4-quart pot halfway with water and put in split peas and navy beans to cook until soft.
Pulse onion and garlic in food processor.
In an 8-quart pot, sauté onions and garlic.
Wash squash. Peel them, saving the peels.
Peel carrots. Put them into your food processor together with celery, squash peels and peppers. Pulse until chopped but not blended.
Dice squash.
Add vegetables to onions and sauté an additional half hour to an hour.
Combine with cooked split peas and beans. Add water to desired consistency.
Add salt to taste.
Cook for an additional hour.

Broccoli Chicken

Ingredients:

1½ pounds skinless, boneless chicken breasts
24 ounces frozen cut broccoli
½ cup oil
½ cup soy sauce or teriyaki sauce or combination of both
½ cup brown sugar

Method:

Cut chicken into nuggets or strips. Place the nuggets into a bag with some flour. Shake until all nuggets are covered in flour. Spread out chicken in a lined 9x13 pan.
Place frozen broccoli on top of chicken nuggets.
In a small bowl, combine all other ingredients. Pour this sauce over the chicken.
Bake at 350 degrees for 30 minutes covered, and another 10 minutes. uncovered. (You can also add canned mushrooms.)

Continued on next page

Week Six

Manday

Glazed Green Beans

Ingredients:

$\frac{3}{4}$ cup raw cashews
2 teaspoons garlic, finely chopped
2 tablespoons oil
1 red pepper, diced
 $\frac{1}{3}$ cup honey
3 tablespoons soy sauce
3 teaspoons cornstarch
3 pounds fresh string beans, trimmed and cooked in boiling salty water for 6 minutes until crisp/tender.

Method:

Toast cashews at 350 degrees for 10 minutes until lightly browned. Sauté garlic in oil until golden. Add pepper and sauté another two minutes. Stir in honey. Mix cornstarch and soy sauce in a separate bowl and pour into the pan. Continue cooking and stirring until the sauce thickens. Remove from heat. Pour sauce and cashews on top of green beans just before serving.

Week Six

Tuesday

Chicken Cutlets

Ingredients:

8 thinly-sliced chicken cutlets
2 eggs (beaten)
Osem® falafel mix

Method:

Dip cutlets in egg.
Coat with falafel mix
Fry on both sides until golden.

Rice

Cook according to package directions.

Purple Cabbage Salad

Ingredients:

1 bag red cabbage
4–6 stalks scallions

Method:

Pour dressing over salad ½ hour before serving.

Dressing:

¼ cup sugar
¼ tablespoon black pepper
1 teaspoon salt
¼ cup oil
¼ cup vinegar
¼ cup slivered almonds
3 tablespoons sesame seeds,
toasted

Week Six

Wednesday

Milchig Euro Salad

Ingredients:

1 bag Euro lettuce
2 mangos
2 cans mandarin oranges
(drained)
1 cup Craisins®
1 cup honey-glazed almonds

Method:

Place lettuce on the bottom of a salad bowl
Layer fruits, Craisins® and almonds.
Pour dressing shortly before serving.

Dressing:

1 bag frozen strawberries
(blended)
½ cup confectioners' sugar
4 ounces sour cream

Baked Salmon

Ingredients:

1½ pound salmon fillet
Onion powder
Garlic powder
Salt
⅓ cup soy sauce
⅓ cup brown sugar
⅓ cup water
¼ cup oil

Method:

Season salmon with onion, garlic and salt.
Combine rest of ingredients.
Marinate salmon in zipper bag for at least 2
hours.
Bake in preheated oven on 400 degrees for 10
minutes.
Broil for additional 4 minutes.

Week Six

Thursday

Sloppy Joes

Ingredients:

1 pound ground beef
½ small onion, finely chopped
½ small green pepper, finely chopped
8 ounces tomato sauce
2 tablespoons ketchup
1 tablespoon vinegar
2 teaspoons barbecue sauce
2 teaspoons sugar
Buns, split and toasted

Method:

Sauté onion and green pepper.
Add beef and crumble while stirring.
Cook for 8 minutes, stirring occasionally.
Add the rest of the ingredients.
Mix well, continuing to break up the ground beef.
Simmer uncovered for 10 minutes, stirring occasionally.
Serve over toasted bun halves.

Week Seven

Sunday

Vegetable Soup

Ingredients:

3 tablespoons oil
2 onions, diced
3 garlic cloves, minced
4 carrots, chopped
2 celery stalks, chopped
2 parsnips or 1 turnip, chopped
1 sweet potato or half a butternut squash, chopped
2 potatoes, chopped (optional)
2 zucchini, chopped
½ box mushrooms, chopped
Water
Garlic powder
Dried herbs
Salt and pepper, to taste

Method:

Heat oil in a large pot; sauté onions and garlic until golden brown. Add any of the following: chopped carrots, celery, parsnips, turnips, sweet potatoes, butternut squash, potatoes, zucchini, and mushrooms as desired. Add water and seasonings and cook until the vegetables are very soft. Longer cooking is better. Purée with immersion (stick) blender if you prefer smooth soup.

Whole Wheat Veggie Pizza

Ingredients:

1½ cups whole wheat flour
1¾ cups white flour
1 tablespoon yeast
1 tablespoon salt
½ teaspoon sugar
1 tablespoon oil
1 cup lukewarm water, or more as needed

Method:

Combine dry ingredients. Add liquids. Knead by hand for 3 minutes.

Place in bowl. Cover and let rise until doubled in size. Punch down and shape into 1–2 balls. Let rest for four minutes. Spray pizza pan(s) with oil; roll dough and place in pan. Let dough rise in pan for another 10–15 minutes. Add sauce (marinara or just canned tomato sauce mixed with some salt, garlic powder, and dried basil/oregano) and shredded cheese. Top with sliced onions, peppers, mushrooms and/or tomatoes. Place in bottom rack of a cold oven.

Bake at 500 degrees for 17–20 minutes. (*Can also be made in a 9x13 pan in a toaster oven—but then it's better to prebake the crust for a few minutes because toasters do not bake as well. This has the added advantage of removing any ambiguity about the brachah—it will definitely be Hamotzi.*)

Week Seven

Manday

Orange Vegetable Soup

Ingredients:

Oil
Onion, diced
Sweet potato, diced
Carrots, diced
Butternut squash, diced
(precook in microwave or oven to make softer and easier to cut)
Water
Garlic powder
Cinnamon
Salt and pepper, to taste

Method:

Sauté onion until golden. Add diced sweet potato, carrots, and butternut squash (precook the squash a bit in the microwave or oven to make it softer and easier to cut). Add water to cover and spice with salt, pepper, garlic powder, and cinnamon. You can add a potato to thicken as well. Cook until vegetables are soft. Then purée, and cook a bit more until the soup is thick.

Pasta with Meat Sauce

Ingredients:

1½ pounds ground meat, chicken or turkey
1 onion, diced
2 garlic cloves, diced
Choice of diced peppers, mushrooms, celery, zucchini and/or carrots
1½ cans (15 ounces each) tomato sauce
Dried basil and/or oregano
Salt and pepper, to taste
Pasta, cooked according to package direction

Method:

Brown ground meat (or ground chicken/turkey) in a pot, breaking up chunks. Remove from pot and drain fat. Add onions, garlic, and diced peppers, mushrooms, celery, zucchini, and carrots as desired. Cook until soft. Add tomato sauce and salt, pepper, and dried basil and/or oregano. Simmer for about 30 minutes. Meanwhile, cook pasta. Serve pasta topped with meat sauce (*or dump pasta into pot and stir for even better flavor*).

Week Seven

Tuesday

Tilapia in White Wine Sauce with Mashed Potatoes

Ingredients:

1 onion, diced
½ pepper, diced
3 mushrooms, diced
4 tilapia fillets
¼ cup flour
2 tablespoons white wine
1 teaspoon lemon juice
Water
Salt and pepper, to taste
Red potatoes
Olive oil

Method:

Saute onions, peppers, and mushrooms until soft and aromatic. Remove from frying pan. Dredge tilapia fillets in flour and fry gently on each side for a few minutes (check inside to make sure that it's done, but try not to overcook). Remove from pan. Add a large glug of white wine to pan, a little bit of lemon juice, and salt and pepper. Dump the vegetables back inside. Simmer for a few minutes.

Meanwhile, cook red potatoes until soft enough to be pierced by a fork. Drain and roughly mash, adding a splash of olive oil along the way and a healthy shake of salt.

Serve potatoes with tilapia, top both with vegetable wine sauce.

Week Seven

Wednesday

Garlic Chicken

Ingredients:

Clean and skin 8 chicken pieces.
Marinate overnight in:
3 cloves garlic, diced or crushed
2 tablespoon oil + water to
measure ½ cup (¾ cup water)
¾ teaspoon salt
¼ teaspoon pepper
¼ teaspoon oregano

Method:

Pour off and reserve sauce, and dip chicken in a mixture of flour and paprika. Place the chicken in the pan and pour reserved sauce over the chicken. Bake for 1½ hours, covered, at 350 degrees.

Rosemary-Roasted Carrots

from morequicheplease.com

Ingredients:

Cooking spray
Carrots, peeled
Handful of fresh rosemary
sprigs
Olive oil (canola is also okay)
Salt and freshly ground pepper,
to taste

Method:

Preheat the oven to 400 degrees. Line a baking sheet with aluminum foil and lightly grease with cooking spray. Set aside.

Slice carrots in half lengthwise. If they're thin carrots, you can stop and move on to oiling them. If they're kind of thick, go ahead and slice them in half lengthwise a second time. You're going for the classic carrot stick shape.

Soak rosemary in soapy water for 3 minutes. Rinse well, pat dry, and eyeball. If you see anything suspicious-looking, discard that section of the branch. If it looks clean and healthy, it's good to go. (Disclaimer: Address questions about checking herbs to your rav.)

Spread carrots on the prepared baking sheet in a single layer and brush with oil. Sprinkle with salt and pepper to taste, then distribute small bunches of rosemary over the top.

Roast for 40–45 minutes, or until carrots are starting to shrivel and are easily pierced with a knife. (If the smallest/thinnest pieces are starting to blacken, that's your cue to turn off the oven). Serve hot.

Continued on next page

Week Seven

Wednesday

World's Best Roasted Potatoes

from morequicheplease.com

Ingredients:

4 smallish potatoes, peeled
2 tablespoons olive oil
cooking spray
sea salt, to taste

Method:

Chop potatoes into bite-sized pieces of about the same size. Place in a pot and fill with cold water to cover by one inch. Preheat oven to 410 degrees.

Bring water to a boil over high heat. As soon as it reaches a slow boil, lower the flame to medium-low and cook for five minutes. Meanwhile, pour olive oil into a 9x13 baking dish and tilt it back and forth to spread the oil across the bottom of the dish. Place the dish in the oven to start heating the oil.

When the timer goes off for the potatoes, drain and return them to the pot. Then, wearing oven mitts, shake the pot vigorously back and forth several times. This creates a rough edge to the potatoes.

Remove dish from oven and add potatoes to it. The oil should be hot enough that it sizzles as it comes in contact with the potatoes. Stir potatoes to gently coat in oil, sprinkle with salt, and return to oven. (The oven rack should be in the center of the oven.)

Roast for 30 minutes, stirring potatoes after the first 15 minutes. At the 30-minute mark, briefly remove from oven to spray generously with cooking spray, then return to oven for the last 15 minutes of roasting, this time placing the oven rack in the upper third of the oven to help the potatoes get more of a golden color. Let cool 5 minutes, then serve.

Week Seven

Thursday

Easy Broccoli Zucchini Soup

Sauté onions until golden. Add diced zucchini and frozen broccoli (and one potato if you prefer the soup thicker). Add water to cover, and salt and pepper. If you use onion soup mix, that gives it a really good flavor. (If not, add dried, minced onions). Cook until soft. Purée with immersion/stick blender, and continue to cook until the soup is thick.

Easy Lasagna

Mix 1 container of cottage cheese (can be low-fat but not non-fat) with most of a large (28-ounce) can of crushed tomatoes or tomato sauce. Add salt, pepper, garlic powder, and basil.

Pour some sauce on the bottom of a 9x13 pan.

Layer uncooked regular (no-cook is not necessary!) lasagna noodles (4 across for a 9x13 pan), sauce/cottage cheese and shredded mozzarella cheese, repeating until the pan is full. The top layer should be shredded cheese.

Pour about 1½ cups of boiling water around the sides of the pan. Cover tightly and bake for 1¼ to 1½ hours at 350 degrees. Let rest in covered pan for 10 minutes before serving.

Serve with vegetables or easy salad.

Week Eight

Sunday

Barbecue Sauce Grilled Schnitzel

Ingredients:

½ cup ketchup
½ cup brown sugar
¼ cup soy sauce
¼ teaspoon garlic powder
1 cup water
Chicken cutlets

Method:

Marinate cutlets in sauce as long as possible, then grill a few minutes on each side.

Home Fries—fresh and easy

Ingredients:

3 large potatoes
4 tablespoons oil
¾ teaspoon salt
pinch black pepper
1 large onion (*I use onion powder*)

Method:

Wash the potatoes and cut into ¾-inch chunks. Heat oil in a large nonstick skillet over high heat. Add the potatoes, half the salt, and the pepper. Cover and cook 5 minutes. Uncover, add the onion and 1 additional tablespoon of oil, if necessary. Lower heat to medium, cover, and cook an additional 5 minutes. Uncover and cook for an additional 15 minutes, stirring frequently. Toss with remaining salt before serving.

Week Eight

Manday

Honey Chicken

Ingredients:

2½ tablespoons onion soup mix
¾ cup honey
½ cup oil
Chicken

Method:

Mix together the ingredients for the sauce. Pour the sauce over the chicken. Bake 1½ hours covered (or however you usually bake your chicken).

Couscous

Ingredients:

Couscous
Oil
Spices (onion, garlic, pepper,
paprika, salt)
Water

Method:

Sauté couscous in oil until darkened. Add water and spices. Cook.

Taco Salad

Ingredients:

Lettuce
Cherry tomatoes
Avocado
Red onion (optional)
3 ounces tortilla chips (Kitov-
brand orange bag, or use
nacho-flavored tortilla chips)

Dressing:

1 cup mayonnaise
3 tablespoons chili sauce
2 teaspoons vinegar

Week Eight

Tuesday

Veggie-Barley Soup

from the *Bais Yaakov Cookbook*

Ingredients:

¼ cup canola oil
2 large onions, diced
3 carrots, peeled and diced
6 stalks celery, diced
3 skinless, boneless chicken breasts, cubed
¾ cup barley
1 tablespoon salt
½ teaspoon black pepper
10–12 cups water, enough to cover

Method:

Heat the oil in a large pot on medium heat. Add the diced onions and sauté for five minutes, until translucent.
Add the diced carrot and celery. Sauté for an additional five minutes.
Add the cubed chicken, barley, salt, pepper, and water.
Bring soup to a boil, then reduce heat to medium and simmer for 3–4 hours. Serve hot.

Snackers Crackers Chicken

Ingredients:

1 pound chicken cutlets
1 stack of snackers crackers, crushed (best if crushed in food processor) or 4 ounces of any round, salted cracker
Honey

Method:

Cut and clean chicken. Dip into olive oil and then into cracker crumbs.
Drizzle about 2 tablespoons of honey on top of coated chicken and bake uncovered at 350 degrees for 20 minutes. Turn over chicken cutlets and drizzle honey over other side and bake for another 5 minutes.

Note: This recipe tends to get soggy so make it as close to serving as possible.

Week Eight

Wednesday

Pizza

Ingredients:

2 tablespoons yeast
1¾ cups water
2 tablespoons sugar
1½ teaspoon salt
⅓ cup oil
5 cups flour

Method:

Mix. Let dough rise until doubled in size—about 1 hour. Makes enough for 4 9x13 pans. Spread sauce, sprinkle spices and cheese. Bake.

Week Eight

Thursday

Grilled Chicken over Chinese Noodles

Ingredients:

chicken cutlets, cut into strips
¼ cup soy sauce
¼ cup teriyaki sauce
2 cloves garlic
¼ cup brown sugar
1 pound spaghetti

Method:

Marinate strips at least half an hour. Remove from sauce, and bake uncovered for 20 minutes. Cook and drain spaghetti.

Toss with:

½ cup soy sauce
½ cup oil
⅓ cup sugar
Sesame seeds.

Serve with schnitzel on top.

Week Nine

Sunday

Italian Dressing Chicken

Marinate chicken in Italian salad dressing (store bought or homemade)

Ingredients:

1 cup vinegar
1 1/3 cup oil
2 tablespoons water
1/2 tablespoon garlic powder
1/2 tablespoon onion powder
1/2 tablespoon sugar
1 tablespoon oregano
1/2 teaspoon black pepper
1 tablespoon salt

Method:

Mix. This makes more marinade than you need for one chicken, but it lasts well in the fridge.

Roasted Potatoes

Cut potatoes into cubes. Mix with oil, onion, garlic, salt, pepper, and paprika. Bake covered for a few hours, mixing occasionally.

Week Nine

Manday

Chicken Lo-Mein

Ingredients:

Sauce:

½ cup soy sauce

½ cup sugar

3 tablespoons oil

Method:

Cook 1½ pounds chicken-cutlet strips in the sauce.

Vegetables

Ingredients:

1 pound spaghetti

1 onion, sliced

Green pepper strips

Red pepper strips

1 carrot, sliced

1 8-ounce can water chestnuts

1 6½ ounce can sliced mushrooms

1 15-ounce can baby corn

Oil

Salt

Pepper

Method:

Cook one pound spaghetti.

Combine all.

Week Nine

Tuesday

Roasted Brussels Sprouts

Roast Brussels sprouts at 400 degrees for about 20 minutes with olive oil, salt and pepper. (Note: Please consult your Rabbi about checking this item for bugs.)

Meatloaf

Ingredients:

2 pounds ground meat
2 eggs
2½ tablespoons onion soup mix
¼ cup dried parsley
1 cup bread crumbs
2 tablespoons Worcestershire sauce
½ cup packed brown sugar
Ketchup

Method:

In large bowl, mix meat, eggs, soup, parsley, breadcrumbs, and Worcestershire sauce.

Form this mixture into a loaf and place it on your baking sheet. With a spoon, make two grooves along the top.

In small bowl, mix brown sugar with enough ketchup to pour easily. Pour over grooves.

Bake at 350 degrees for 1 hour.

Week Nine

Wednesday

Easy Grilled Chicken:

from nowaythatshealthy.blogspot.co.il

Ingredients:

1 pound chicken breast, cut into any size you like, fat removed
2 tablespoons apricot jam
1 tablespoon vinegar (*I used apple cider vinegar*)

Method:

Mix the vinegar and jam together and pour over the chicken. Let it sit for a few hours in the fridge; can be overnight.

Heat your grill pan. Spray with some cooking spray. When the pan is hot, place the chicken on the grill. Let it sit and cook until that side looks cooked through, then flip over. It should take 10–15 minutes, depending on the size of the chicken. Be sure you don't overcook. You don't want dry chicken. But of course, be sure it is cooked through and not raw on the inside.

Sesame Noodles

from alibabka.com

Ingredients:

1 bag of whole-wheat spaghetti or fettuccine noodles.
½ cup low-sodium soy sauce
¼ cup sesame oil
⅛ cup honey (can use up to ¼ cup if you like it sweeter)
2 scallions, sliced thinly, both the white and dark parts
Sesame seeds, to sprinkle

Method:

Boil pasta until cooked. Mix together the soy sauce, oil, and honey. Stir into the hot pasta. Mix in the scallions and sprinkle sesame seeds on top.

This can be served warm, cold, or at room temperature.

Continued on next page

Week Nine

Wednesday

Super Simple Grilled Veggies

Ingredients:

Any vegetables you have. Here, I used carrots, eggplant, red and yellow bell peppers, and onion.

- 1 tablespoon olive oil
- 2 teaspoon dried basil
- 2 cloves garlic, minced or crushed
- Sprinkle of sea salt

Method:

Preheat your oven to 375 degrees.

Cut your veggies into cubes. Put onto parchment-lined baking sheet. Drizzle with olive oil. Add basil, garlic, and salt. Mix with your hands and make sure the garlic is mixed well into the vegetables

Bake for 1 hour, mixing once or twice during the baking.

The veggies will shrink a lot so the more veggies you use, the better.

Week Nine

Thursday

Spiced Chicken Pieces Over Sweet Potatoes, Zucchini, and Onions

Cube sweet potato, zucchini and onions and place in baking pan. Top with chicken on the bone, and spice using garlic powder, onion powder, curry powder, salt, and pepper. Bake covered, then uncover at the end to brown the chicken.

Complex Brown Rice

Ingredients:

½ tablespoon olive oil
1 teaspoon minced garlic
(optional)
salt, to taste
1 cup brown rice (*I used round brown rice but it works great with long grain as well*)
3 cups water—this is the key to perfect, soft rice!

Method:

Heat oil in a pot. Here, you can add the garlic and let it sauté for a bit. Once the oil is hot, add the rice and salt. Stir until all the rice is coated with the oil. Let that cook on low heat no longer than 1 minute. Pour in the water. You will hear a sizzle. Turn the heat to medium-high and wait until the water comes to a rolling boil. Cover the pot and turn heat to low flame. Let it cook for about 30 minutes.

(I know everyone says not to uncover a pot of rice, but in my experience it's fine to do so for just a second to see if there is any water left.) You can check it at about 25 minutes. If you still see water, keep cooking the rice, covered. After 30 minutes turn off the fire. *(When you check the rice after 30 minutes be sure almost all of the water is gone; if it isn't, you can keep it cooking on a low flame for another 5 minutes.)* Let the pot sit covered for another 10 minutes.

After 10 minutes are up, uncover the pot to see your perfectly cooked soft brown rice and check out the bottom of the pot—nothing will be stuck to it!)

Note:

You can do this for any amount of dry brown rice. Just add one more cup of water than you usually would.

*2 cups dry rice: 5 cups water
2.5 cups dry rice: 6 cups water
3 cups dry rice: 7 cups water*

Week Ten

Sunday

Baked Chicken Cutlets over Quinoa, Spinach And Mushrooms

Ingredients:

1 large onion, finely diced
2 cups chopped spinach (frozen and defrosted spinach works nicely)
Sliced mushrooms
1½ teaspoons salt
½ teaspoon black pepper
1 teaspoon lemon juice
1 ½ cups cooked quinoa

Method:

Preheat oven to 375. Sauté the diced onions in a bit of olive oil (or cooking spray) until translucent. Add the mushrooms, spinach, salt, pepper and lemon juice. Stir and cook for a couple of minutes. Remove the mixture from the heat and add the cooked quinoa. Stir to combine everything equally.

Once that is done, lay the mixture at the bottom of a pan. Then lay chicken breasts over the top and spice them (salt, pepper, garlic powder, onion powder, and paprika) and bake until cutlets are cooked through.

Baked Sweet Potatoes

Cut sweet potatoes in wedges. Spray or drizzle with olive oil, salt and pepper. Mix with hands. Lay out on cookie sheet in single layer and bake at 375 degrees until slightly brown.

Week Ten

Manday

Tilapia with Broccoli and Cauliflower

Defrost fish if necessary and pat dry. Lay in a pan and put frozen broccoli and cauliflower florets around fish (still frozen).

Sprinkle fish and vegetables with salt, pepper, garlic powder (*I like a lot*), onion powder, and paprika. Drizzle with some lemon juice and bake covered at 350 degrees for about 30 minutes or until fish flakes easily with a fork and vegetables are defrosted but not soft (*if you like your vegetables soft, defrost before putting it in oven*).

Serve with whole wheat couscous and lettuce with cut-up vegetables, dressed with olive oil, salt and pepper.

Week Ten

Tuesday

Spinach Quiche

Ingredients:

8 ounces frozen spinach
8 ounces cottage cheese
2 eggs plus 1 egg yolk
2 ounces grated Parmesan
cheese
4 tablespoons skim milk
1 clove garlic, crushed
Salt and pepper

Method:

Defrost spinach and squeeze out excess water. Mix together cottage cheese, eggs, cheese and milk. Add garlic salt and pepper, add spinach and mix well. Pour into pie crust (*I use whole wheat*) and sprinkle with cheese. Bake in preheated oven at 350 degrees until golden brown.

Rainbow Quinoa Salad

Ingredients:

2 cups cooked quinoa
2 large sweet potatoes, cubed
1 tablespoon canola oil (*I use olive*)
½ cup sliced scallions
½ cup dried cherries (*I leave out*)
⅓ cup slivered almonds, toasted

Method:

Toss the sweet potatoes with the oil and season with a little salt. Roast at 375 degrees for about 20 minutes until they are fork tender. Whisk the dressing ingredients together and pour over the quinoa. Add the sweet potatoes, cherries, scallions, and toasted almonds. Toss gently and serve.

Dressing:

¼ cup rice vinegar
¼ cup canola oil
2 tablespoons agave nectar or honey or sugar (*I use date syrup*)
Salt and pepper to taste

Week Ten

Wednesday

Unstuffed Cabbage

Ingredients:

1 head of green cabbage, cored and cut into strips
1 teaspoon paprika
¼ teaspoon garlic powder
¼ teaspoon onion powder
Pinch of ground cloves
1 can (15 ounces) tomato sauce
1 pound lean ground beef
1 pound ground chicken
1 egg
½ cup bread crumbs (I use wheat germ)
2 tablespoon minced fresh parsley
1 can (15 ounces) diced tomatoes
2 teaspoons lemon juice
1 teaspoon sugar
Salt and black pepper
Crushed red pepper flakes (optional)

Method:

Pour 1 cup of water into a large pot and bring to a boil. Place cabbage strips into the pot. Cover the pot. Steam cabbage over medium heat for 15 minutes, stirring occasionally to make sure it doesn't burn.

Meanwhile, combine paprika, garlic powder, ground cloves, ½ teaspoon of salt, ¼ teaspoon of pepper, and ¼ of the can of tomato sauce at the bottom of a large bowl. Stir until well blended. Add the ground beef and chicken, egg, bread crumbs, and fresh minced parsley. Mix with a fork or knead with clean hands until all ingredients are thoroughly blended and meat is evenly seasoned.

Uncover the cabbage and reduce heat to low. Form the meat mixture into 2-inch meatballs and place them in a single layer on the surface of the cabbage.

Pour remaining tomato sauce into a mixing bowl with the diced tomatoes, lemon juice, and sugar. Stir until blended, then season the sauce with salt and pepper to taste. Pour the sauce over the meatballs.

Bring mixture to a simmer and reduce heat to medium low. Cover pot and cook for 75–90 minutes over medium low heat until meatballs are cooked and cabbage is very tender. Stir every 20–30 minutes. If the cabbage seems dry towards the end of cooking, add a little hot water to the pan.

Give the pot a gentle stir at the end of cooking to blend the sauce, cabbage, and meatballs.

Week Ten

Thursday

Asian Salad with Crispy Chicken

Ingredients:

2 chicken breast fillets, skinless, cut into 1-inch cubes
1 tablespoon canola oil
1 tablespoon sesame oil
3 cups shredded Savoy (curly) Cabbage or Napa Cabbage (*I use regular cabbage*)
2 cups chopped Romaine lettuce
1 carrot, peeled, sliced
2 tablespoons sesame seeds, lightly toasted

Dressing:

2 tablespoons honey (*I use date syrup*)
2 teaspoons Dijon mustard
1 tablespoon light soy sauce
1 tablespoon rice wine vinegar
1 tablespoon freshly squeezed lemon juice

Method:

Place sesame seeds in a dry, non-stick skillet and heat over medium heat until fragrant, about 5 minutes.

In a medium skillet add canola and sesame oil. Turn heat to medium-high, cook chicken cubes until cooked through and crispy, approximately 10 minutes. (*I bake the cubed chicken with olive oil spray and salt and pepper.*)

In the meantime, add all dressing ingredients and whisk until combined.

Combine cooked chicken, cabbage, lettuce, and carrots in a large salad bowl. Drizzle dressing over salad mix and toss to combine. Sprinkle salad with sesame seeds.

Oven Roasted Root Vegetables

Ingredients:

1 bunch (1 pound) beets, red or golden, trimmed and scrubbed
1 butternut squash, peeled and seeded
1 large yam, peeled
1 large parsnip, peeled
1 large carrot, peeled
½ red onion
6–8 whole garlic cloves
3 tablespoon fresh thyme leaves
3 tablespoons extra virgin olive oil
Salt and pepper

Method:

Preheat oven to 425 degrees. Line a cookie sheet with foil. Cut vegetables into 1½ inch chunks. Toss vegetables in a large bowl with garlic cloves, thyme leaves, and 3 tablespoons olive oil until evenly coated. Spread vegetables out evenly on the cookie sheet in a single layer. Sprinkle vegetables generously with salt and lots of black pepper.

Roast the vegetables in the hot oven for about 45 minutes, stirring once halfway through cooking, until vegetables are tender and starting to turn golden. Serve hot.

Week Eleven

Sunday

Stir-Fry

Ingredients:

Green beans
Onion
Garlic
Mushrooms
Left over chicken or diced fresh chicken

Method:

Sauté onions and garlic. Add mushrooms and green beans and sauté a good 10–15 minutes. Add chicken pieces. Season with garlic powder, onion powder, salt, pepper, and/or soy sauce. *You can really do any veggies and any seasoning you want.*

Serve next to or on top of brown rice.

Brown Rice

Ingredients:

1 cup brown rice
2½–3 cups water
½ teaspoon salt
1 tablespoon oil

Method:

Bring to a boil and simmer for 40 minutes, covered.

Green Salad

Ingredients:

Tomatoes
Cucumbers
Lettuce

Method:

Cut up and season with oil, lemon juice and salt.

Week Eleven

Manday

Homemade Shwarma in Pita

Ingredients:

6 pieces thinly sliced chicken breast, cut into 1-inch squares
2 garlic cloves crushed
1 teaspoon salt
1 teaspoon pepper
2 teaspoon paprika
½ teaspoon chili (*I always leave it out and it's still delicious.*)
2 teaspoons cumin
1 tablespoon vinegar or water

Method:

Mix all paste ingredients. Then, work into chicken and marinate at least 2 hours (can freeze at this point). Then, fry on medium heat for 20–30 minutes. *Depending on how much I'm cooking at one time, I cover pan with a little oil so it's a very light fry.*

Assemble. Spread chummus on pitas, place some salad and shwarma inside. Enjoy!

Israeli Salad

Ingredients:

Cucumbers
Tomatoes
Onion (optional)

Method:

Dice vegetables and season with oil, lemon juice and salt.

Week Eleven

Tuesday

Creamy Potato Soup

Ingredients:

4 large potatoes, diced
1 large onion, diced
4 cups water
1/3 cup oil
1/4 cup minced dill
2 teaspoons salt
1/2 teaspoon pepper

Method:

Cook uncovered on moderate heat for 30–40 minutes, stirring so potatoes don't stick to the bottom. Mash with back of spoon or use immersion blender. I usually double or triple the recipe and put things in chunks and then blend.

Lemon Salmon

Ingredients:

Salmon fillets
Lemon juice
Salt
Parsley (optional)

Method:

Squeeze lemon juice from lemons on top of fillets. Sprinkle with a little salt. *(You can add parsley and or any other herbs you desire.)* Cook on 350 degrees, covered, for 30 minutes and then uncover for around 10 minutes.

Week Eleven

Wednesday

Turkey Burgers

Ingredients:

1 pound ground turkey
1 onion
1 egg
Scant ½ cup bread crumbs
½ teaspoon salt
½ teaspoon garlic powder

Method:

Mix all together and form into patties. Either fry them until golden on each side or bake at 350 degrees in oven for 20–25 minutes.
(I double and use the same meat for my meatballs.)

Mashed Potatoes

Method:

Peel and cut up potatoes. Put in pot, cover with water, and bring to boil. Cook until soft. Drain and add some oil, salt, and pepper to taste. Can sauté onion to add if desired

Green Beans

Method:

Cover bottom of pot with a bit of water. Add green beans and let steam for 10 minutes.

Week Eleven

Thursday

Meatballs and Brown Rice

Ingredients:

Meatballs:

1 pound ground turkey
1 onion
1 egg
Scant ½ cup bread crumbs
½ teaspoon salt
½ teaspoon garlic powder

Method:

Bring sauce ingredients to a boil. Form meat into balls and place into sauce and let simmer 40–50 minutes or until done.

Sauce:

24 ounces tomato sauce
2–3 cups water
1 tablespoon lemon juice
¾ cup sugar

Brown Rice

Ingredients:

1 cup brown rice
2½–3 cups water
½ teaspoon salt
1 tablespoon oil

Method:

Bring to a boil and simmer for around 40 minutes, covered.

Green Salad

Ingredients:

Tomatoes
Cucumbers
Lettuce

Method:

Cut up and season with oil, lemon juice, and salt.

Week Twelve

Sunday

Turkey Chili

Sauté turkey meat. Spice with chili powder, onion powder, garlic powder, paprika, salt, pepper. Add in 1 can each of corn, white beans, black beans, chickpeas, and crushed tomatoes. Add water and cook down.

Totally Addictive Cornbread

Ingredients:

- 1 cup milk of choice (*I use almond milk.*)
- 1 tablespoon white vinegar
- 2 cups fine or medium cornmeal (*I used whole-grain, but regular is OK.*)
- 2 tablespoons baking powder
- 1 teaspoon salt
- ½ teaspoon baking soda
- ¼ cup evaporated cane juice or regular sugar (*I like my cornbread southern-style, with zero sweetness, so I like to omit this. But everyone else who tried the recipe preferred the sweetened version. I'd recommend leaving it in, especially if you're making this recipe for the first time.*)
- 1½ packets NuNaturals stevia (or 2 more tablespoons sugar)
- 1 11-ounce can corn, drained (not unsalted)
- 2 tablespoons coconut or canola/vegetable oil
- ¼ cup applesauce

Method:

Mix the vinegar with the milk and set aside. Combine dry ingredients and mix very well. In a separate bowl, combine the oil, applesauce, corn (pulverized if you wish), and milk-vinegar. Then pour the wet into dry and mix until just mixed. Pour into a greased 8×8 inch dish and cook at 420 degrees (preheated) for about 25 minutes. Let cool at least 15 minutes before trying to cut, or it will crumble.

Week Twelve

Manday

Spice Chicken with Roasted Potatoes

Ingredients:

1 chicken, cut up (or equivalent)
4-6 large potatoes, cut in eighths
1/3 cup oil
1 tablespoon paprika
1 tablespoon garlic powder
1/2 teaspoon salt

Method:

Mix up and pour over chicken and potato chunks. Cook the chicken on 350 degrees, covered, for around an hour and then uncover for 30-45 minutes. Roast potatoes in separate pan. I like to turn the oven up to 400 degrees at the end to let the potatoes get a little crispy.

Sugar Snap Peas

Place in pan and pour a little oil with a drop of salt and cook at 350 degrees for 15 minutes.

Week Twelve

Tuesday

Pumpkin Soup

Ingredients:

1 pound pumpkin
3-4 sweet potatoes
2 onions
4 cloves garlic
3 carrots
4 celery stalks
8 cups water
Dill
¼ teaspoon cumin
1 tablespoon salt

Method:

Sauté onions and garlic. Add rest of ingredients. Cook for 45 minutes and then blend with immersion blender.

Batter Fried Tilapia

Ingredients:

1 cup flour
½ cup water
2 teaspoon oil
2 eggs
2 teaspoons baking powder
Salt to taste
Dash of pepper

1 pound fish
Flour for coating
Oil for frying

Method:

Coat fish with flour. Combine flour and water. Mix well and add rest of ingredients.

Salad

Ingredients:

Tomatoes
Cucumbers
Lettuce

Method:

Cut up and season with oil, lemon juice and salt.

Week Twelve

Wednesday

Garlic Breaded Salmon with Dijon Dipping Sauce

Ingredients:

3–4 teaspoons crushed Pereg
garlic
Salt
Crushed black pepper
Olive oil
Panko breadcrumbs
Salmon fillets

Method:

Mix all ingredients except breadcrumbs and spread over salmon fillets. Sprinkle breadcrumbs over salmon and bake on 440 degrees for about 12 minutes (for sliced fillets).

Dijon Dipping Sauce

Ingredients:

Mayonnaise (about $\frac{3}{4}$ cup)
Dijon mustard (a few
tablespoons)
Honey (a few tablespoons to
taste)
Lemon juice (a bit)
Crushed garlic
Salt and pepper

Method:

Mix ingredients to taste. You can add water to make it a bit easier to drizzle. This is a really good appetizer recipe! You can serve the salmon over iceberg lettuce at room temp and drizzle sauce over it, or put it in a little l'chaim glass next to it. *(Every time I make this I get asked for the recipe!)*

Caesar Salad (pareve)

Ingredients:

1 cup soymilk
 $\frac{1}{2}$ cup mayonnaise
5 garlic cloves, quartered
3 tablespoons lemon juice
1 tablespoon Dijon mustard
 $\frac{1}{2}$ teaspoons honey
1 teaspoon cider vinegar
Salt and pepper to taste

Method:

Place the ingredients in a blender. Cover. Blend on high speed for 20 seconds, stopping once to scrape down the sides, using a rubber spatula. Taste and adjust the balance of seasonings. Makes $1\frac{3}{4}$ cups.

(I just used an immersion blender right in my measuring cup.)

Drizzle over a salad of greens and croutons (*homemade croutons are yum!*) (Halved grape tomatoes are optional.)

Enjoy!

Week Twelve

Thursday

Chicken with Rum

from [Kosher by Design](#)

Ingredients:

1 chicken, cut into eighths
Fine sea salt
Pepper
Flour
2 tablespoons olive oil
1 large onion, thinly sliced
2 red bell peppers, seeded and very thinly sliced
6 cloves fresh garlic thinly sliced
Juice and zest of 1 lime
4–5 tablespoons rum
8 tablespoons crushed pineapple +3 tablespoons juice
2 tablespoons water

Method:

Preheat oven to 400 degrees. Season chicken pieces with salt and pepper and lightly dust with flour. Heat olive oil over medium heat and add chicken, skin side down. Let skin get golden brown and crisp. *(Try not to move the pieces around.)* Turn pieces over and brown. Remove chicken and place in a baking dish. To the same skillet, add onions and peppers and sauté for 3 minutes. Add garlic, lime zest, and juice. Turn heat down to low and cook for 10 minutes. Add rum and cook for 3 minutes. Add pineapple and juice and water, bring to a boil. Pour mixture over chicken. Roast uncovered for 45 minutes.

Vegetable Potato Kugel

Ingredients:

½ cup vegetable oil
6 large potatoes
2 medium onions, quartered
2 carrots, peeled and in chunks
1 green zucchini, unpeeled and in chunks
1 tablespoon salt
1 teaspoon pepper
2½ tablespoons sugar
½ cup matzo meal
5 large eggs, beaten

Method:

Preheat oven to 400 degrees. Place oil in 9X13 pan. Food process onions and then carrots, then remove. Process potatoes until fine. Add zucchini and process again. Mix all ingredients except eggs. Drain water with spoon, add eggs. Heat oil in oven, then add some to mixture and mix. Pour mixture into pan and bake uncovered for 1 hour.
Tip: Make this into 2 smaller kugels and freeze one.

Week Thirteen

Sunday

Mushroom-Barley Soup

Ingredients:

4 tablespoons olive oil
1 chopped onion
1 teaspoon minced garlic (2
cloves)
2 cans mushrooms (16 ounces)
6 cups water
3 tablespoons consommé mix
½ cup barley
Salt and pepper to taste

Method:

Heat the oil in a large soup pot over medium heat. Add the onion and garlic; cook and stir until onions are tender and transparent. Stir in mushrooms and continue to cook for a few minutes.

Boil water and add consommé mix to make "broth."

Pour in the chicken broth and add barley to the pot.

Bring to a boil, then reduce heat to low. Cover and simmer until barley is tender, about 50 minutes.

Season with salt and pepper before serving (optional).

Franks in Blanks

Cut puff pastry dough in rectangles about the length of the hot dog. You can spread with duck sauce, mustard, ketchup, or any sauce of your choice, or you can just leave it plain (*which is what I usually do*). Wrap hot dog in it and pinch shut (*putting egg on top will probably stop it from opening*) and cut each hot dog into bite size pieces. Bake uncovered until golden.

Baked Home Fries

Cut potatoes in cubes. (*I like to leave the peel on, but you can peel them if you prefer.*) Cut up onion and place in baking pan. Spray with oil and sprinkle garlic powder, paprika, salt, and pepper on top. Mix around and bake for 1½ hours or until they look ready.

Week Twelve

Manday

Fettuccine Alfredo

Ingredients:

½ cup butter
1 8-ounce package cream cheese
2 teaspoons garlic powder
2 cups milk
6 ounces grated Parmesan cheese
⅛ teaspoon ground, black pepper

Method:

Melt butter in a medium, non-stick saucepan over medium heat. Add cream cheese and garlic powder, stirring with wire whisk until smooth. Add milk, a little at a time, whisking to smooth out lumps. Stir in Parmesan and pepper. Remove from heat when sauce reaches desired consistency. Sauce will thicken rapidly: thin with milk if cooked too long. Toss with hot pasta to serve.

(I made it without Parmesan cheese and it was still good.)

Caesar Salad

Ingredients:

Romaine lettuce
Croutons

Dressing:

¼ cup mayonnaise
½ clove frozen garlic cube
(or just use garlic powder)
1 tablespoon sugar
1 tablespoon vinegar

Week Thirteen

Tuesday

Chicken Lo-Mein

Cook up 12 ounces spaghetti ($\frac{3}{4}$ of a 1-pound box).

Put spaghetti in a 9x13 pan.

Add a bag of Bodek California Mix (*or any vegetable you like: broccoli, snap peas, etc. I skipped the veggies*).

Add $\frac{3}{4}$ cup oil.

Add $\frac{1}{4}$ cup soy sauce.

Add 1 tablespoon garlic powder.

Sprinkle with salt and pepper.

Add raw, cut-up pieces of chicken breast.

Mix everything together.

Bake, covered, for 1 hour at 350 degrees.

Mix every 20 minutes.

Serve over rice.

Week Thirteen

Wednesday

Baked Ziti

Ingredients:

1 pound ziti
16 ounces cottage cheese
Marinara sauce, divided
16 ounces shredded mozzarella
cheese, divided
1 egg
¼ cup milk
Salt, pepper to taste
Grated Parmesan cheese

Method:

Preheat oven to 350 degrees
Cook pasta
Mix cottage cheese with ¾ of the marinara sauce
and 12 ounces of the cheese, plus egg, milk, salt
and pepper.
Mix with pasta and put in baking dish.
Put the rest of the sauce and cheese on top and
sprinkle with Parmesan cheese.
Bake uncovered for 50–60 minutes.

Nish-Nosh Salad

Ingredients:

Romaine lettuce, cut in bite-
sized pieces
5 scallions, sliced
Handful of shredded white
cabbage
3 tomatoes, cut in chunks
1 cup sour-cream-and-onion-
flavored Nish Nosh crackers
(or another brand, like Tam
Tam), broken in chunks

Method:

Mix all dressing ingredients together. Shake well.
Top the salad with the dressing. Serve.

Dressing:

½ cup water
½ cup oil
3 tablespoons mayonnaise
4 tablespoons sugar
1½ teaspoons Dijon mustard
1 tablespoon soy sauce
Salt and pepper to taste

Week Thirteen

Thursday

Pumpkin Soup

Ingredients:

3–4 sweet potatoes
2 carrots
2 onions
3 cloves garlic
2 stalks celery (*I made it without celery and it was still really good.*)
¼ teaspoon cumin
1 tablespoon salt
6 cups water (you may need more)
1 pound pumpkin (*or you can use a 29-ounce can—I used Libby's*)

Method:

Fry onions and garlic on bottom of pot. Cut vegetables into chunks and add to the pot, together with all other ingredients. Cook for 45 minutes to 1 hour until soft. Blend with stick blender.

Hobo Bagels (Home Fries, Bagel, Omelet)

Buy bagels of your choice. Make an omelet or scrambled egg, and add home fries to make a sandwich. Or, if you prefer, you can eat the bagel with cream cheese/butter and have the potatoes and eggs on the side.

Baked Home Fries

Cut potatoes in cubes (*I like to leave the peel on, but you can peel them if you prefer*), cut up onion, and place in aluminum pan. Spray with oil and sprinkle garlic powder, paprika, salt and pepper on top. Mix around and bake for 1½ hours or until they look ready.

Week Fourteen

Sunday

Basic Pancakes with Fruit

from [Spice and Spirit](#)

Ingredients:

2 cups white flour or 1 cup whole wheat + 1 cup white flour
4 teaspoons baking powder
½ teaspoon salt
½ cup sugar
2 eggs
2 cups milk
2½ tablespoons oil
Squirt vanilla
Cooking spray for frying

Method:

Place flour, baking powder, salt, and sugar in a bowl.

In a separate bowl, beat the eggs together lightly with a wire whisk.

Add milk and oil to the eggs.

Add the dry ingredients all at once and mix together with wire whisk until the batter is slightly lumpy.

Spray cooking spray on frying pan. Fry one side until bubbles appear. Flip over and fry on other side.

Serve with fruit

Notes:

Recipe can be doubled.

Pancakes can be frozen in plastic bag.

Batter can be stored in refrigerator for later use.

Use ⅓ cup measuring cup for pouring batter into frying pan.

Use wire whisk for mixing.

Week Fourteen

Manday

Sweet and Sour Meatballs

Ingredients:

1 pound ground beef
¼ cup flavored dry
 breadcrumbs
1 teaspoon onion powder
1 large egg

Sauce:

1 16-ounce can of whole berry
 or jellied cranberry sauce
1 26-ounce jar marinara sauce.
Can add also some lemon juice
 and brown sugar

Method:

Cook sauce 5 minutes, stirring every few
 minutes.
Form meatballs.
Put into sauce.
Lower heat. Cook 40 minutes. (*Less for chicken
 balls, I believe*).
Stir the sauce occasionally while it's cooking.

Super Easy Rice Pilaf

Ingredients:

1 onion, sautéed
1 cup white rice
1 cup orzo
4 cups water
2 tablespoons chicken soup mix
1 tablespoon margarine
1 can mushrooms (optional)

Method:

Spray a pan with cooking spray. Pour in
 uncooked rice and orzo. Bring water, margarine,
 and soup mix to a boil. Pour over rice and orzo in
 pan. Add sautéed onions and mushrooms.
Bake at 350 degrees for 1 hour.
*Notes: When I'm in a rush, I skip the onion and
 it's still delicious! You can substitute oil for the
 margarine and onion soup mix for chicken soup
 mix.*

Garlic-Dill Dressing for Cut up Veggies

Ingredients:

1 cup mayonnaise
¼ cup water
⅛ cup vinegar
1 tablespoon sugar
2 cloves garlic
1 tablespoon dill or dried dill

Week Fourteen

Tuesday

Vegetable Soup

Throw in any veggies you have (tomatoes add a nice depth to the soup). Cover with water. Add salt, pepper, and chicken-soup powder. Cook until veggies are soft. Blend with immersion blender.

Pizza Dough (Best)

from [Fresh and Easy](#) by Leah Schapira

Ingredients:

2½ pounds white flour
1 tablespoon salt
3 tablespoons sugar
2¼ teaspoons dry yeast
3 cups water
2 tablespoons oil

Cornmeal
Sauce
Cheese

Method:

Place all dry ingredients into mixer bowl and combine at low speed for 10 seconds.
Add water and mix on low for 2 minutes. Add oil and mix on low for 2 minutes. Turn mixer to high for an additional 2 minutes.
Divide dough into 4 balls. Coat each ball with flour and cover with a towel; let rise 1½ hours.
Preheat oven to 475 degrees.
Using hands, stretch and pull dough into circle. Sprinkle cornmeal on parchment paper. Put dough on top and add toppings.
Put on preheated tray or pizza stone. Bake for 13 minutes or until golden brown.

Week Fourteen

Wednesday

Sweet and Sour Chicken

from [Mel's Kitchen Café](#)

Ingredients:

3–4 boneless, skinless chicken breasts
salt and pepper
1 cup cornstarch
2 large eggs, beaten
¼ cup canola oil

Sauce:

¾ cup granulated sugar
4 tablespoons ketchup
½ cup apple cider vinegar
1 tablespoon soy sauce
1 teaspoon garlic salt

Method:

Preheat the oven to 325 degrees.

Heat the oil in a large skillet over medium heat. While the oil is heating, cut the chicken breasts into 1-inch pieces. Season with salt and pepper. Place the cornstarch in a gallon-sized Ziploc bag. Put the chicken into the bag with the cornstarch and seal, tossing to coat the chicken. Whisk the eggs together in a shallow pie plate. Dip the cornstarch-coated chicken pieces in the egg and place them carefully in a single layer in the hot skillet. Cook for 1–2 minutes and then flip each piece over to cook on the other side until nicely golden but not fully cooked through. Place in a single layer in a baking dish and repeat with the remaining chicken pieces.

Mix the sauce ingredients together in a medium bowl and pour over the chicken in the baking dish. Bake for one hour, turning the chicken once or twice while cooking to coat evenly with sauce. Serve over hot, steamed rice.

Note: *If you like extra sauce, double the sauce ingredients—pour half over the chicken and follow the recipe instructions; pour the other half in a small saucepan and cook the sauce on the stove-top at a simmer for 8–10 minutes until it reduces and thickens. Serve it on the side of the chicken.*

Garlicky Green Beans

Ingredients:

Green beans (frozen, or canned and drained)
Olive oil
A few cut up cloves of garlic
1 teaspoon thyme (dried is OK)
A couple tablespoons chicken-soup powder
Salt and pepper
½ cup water

Method:

Check the green beans if applicable.

Put some oil in the pot and stir-fry the garlic (don't let it brown).

Gently mix in the green beans.

Add thyme, chicken-soup powder and water. Add salt and pepper to taste.

Bring to a boil, cover, and simmer for 10 minutes.

Week Fourteen

Thursday

Salmon or Tuna Quiche

Ingredients:

1 onion, sautéed in oil
15-ounce canned salmon or 2
cans tuna, drained
 $\frac{3}{4}$ cup mayonnaise
1 tablespoon mustard
1 teaspoon lemon juice
2 eggs
 $\frac{1}{4}$ cup pareve milk
Chopped dill, optional

Method:

Sauté onion until soft, then pour into pie crust.
Mix together the other ingredients and pour in
pie crust over onions. Bake at 375 degrees until
browned and set, about 45 minutes.

Flaky Quiche Pie Crust

from Culinarykosher.com

Ingredients:

2 cups flour
1 teaspoon salt
 $\frac{1}{2}$ cup oil
 $\frac{1}{2}$ cup very cold water (ice or
refrigerated)

Method:

Mix the flour and salt with a fork.
Beat the oil and water with a whisk or fork to
thicken. Pour into flour and mix with fork.
Press into a 9-inch pie pan.
Fill with quiche filling of your choice and bake at
400 degrees until done.

Week Fourteen

Thursday

Tomato and Roasted Red Pepper Soup

Ingredients:

2 red peppers, sliced
1 large red onion, cubed
1 head of garlic, top sliced off
and wrapped in foil
2–3 tomatoes, chopped
15-ounce can chopped
tomatoes
Tomato paste
Salt and pepper
Garlic powder
Parsley
Sugar, to cut acidity
1½ cups milk (can add more if
you like)

Method:

Roast the veggies (*the garlic takes a bit longer so I just left it in a bit longer and added it in the middle of simmering*). I have also in the past roasted tomatoes with them to give it a nice flavor.

Put chopped tomatoes, spices and the roasted veggies into a pot. (Don't put in full head of garlic—remove cloves of garlic and put them in the pot.) Add water to cover plus a bit more, and simmer for a while. Blend with an immersion blender and add milk and more hot water if you want to thin it down any more.

It's delicious—even my husband who likes plain old' tomato soup commented on the amazing flavors!

Village Salad

idea from [Café Neeman](#)

Ingredients:

2 carrots, cut into strips
1 red pepper, cut into strips
Some mushrooms (small can)
Bean sprouts
4 ounces halloumi cheese
3 cloves garlic, sliced
About 10 walnuts
Handful of sunflower seeds
Soy sauce
Chili flakes

Method:

Put a little oil in pan and start searing the carrots. Add peppers, sprouts and garlic for another 5–7 minutes until black around the edges. Add soy sauce, chili flakes and walnuts.

Add it to lettuce, cucumbers, tomatoes, and peppers.

Grill halloumi cheese and put on top.

Serve with bread!!! (Garlic bread with cheese tastes great!)

Dressing:

A drop of oil
A drop of balsamic vinegar
A teaspoon of splenda
A bit of dijon mustard

Week Fifteen

Sunday

Taco Salad

Ingredients:

1 pound ground meat
1 package (1.25 ounces) taco seasoning
1 11-ounce bag lettuce
Canned corn, drained and heated
Chopped tomatoes and/or avocado, optional
Taco chips, crushed lightly
Mayonnaise
Salsa

Method:

Brown meat. Add taco seasoning. Combine vegetables. Add taco meat. Combine mayonnaise and salsa and mix with meat/vegetables. Top with chips and toss lightly. (May also be served cold.)
Serve with baked potatoes.

Week Fifteen

Manday

Baked Salmon

Put flour mixed with desired spices in a large bag. Add defrosted salmon fillets and shake. Place each piece on a piece of foil sprayed with cooking spray, and fold into packet. Bake at 350 degrees for approximately 15–20 minutes. Foil packet should puff up.

Lettuce with Creamy Dressing

Ingredients:

Dressing:

4 parts mayonnaise
1 part lemon juice
1 part sugar
1 part water
Garlic powder

Method:

Mix all ingredients and pour over salad or noodles.

Week Fifteen

Tuesday

Honey Apricot Chicken

Ingredients:

1 chicken
4 ounces apricot jelly
½ cup ketchup
6 tablespoons honey
2 tablespoons corn starch

Method:

Mix all ingredients except cornstarch.
Mix cornstarch with a little water. Add to sauce.
Pour over one chicken. Cover and bake at 375 degrees for 1½ hours.

Serve with rice and steamed broccoli.

Note: Can substitute with duck sauce instead of sauce given.

Oven Rice

Place 1½ cups rice and 3 cups water in 9x13 pan. Cover tightly with foil. Bake at 375 degrees for approximately 1 hour until done.

Week Fifteen

Wednesday

Pizza

Ingredients:

Pizza Dough:

1½ cups warm water
1 tablespoon sugar
2¼ teaspoons active dry yeast
3 tablespoons oil
3¾ cups flour
1½ teaspoons salt

Toppings:

Tomato sauce mixed with onion
and garlic powder
Shredded mozzarella/pizza
cheese
Mushrooms (optional)

Method:

Mix water, sugar, and yeast. Set aside until foamy, about 10 minutes. Stir in the oil. Mix flour and salt in a large bowl. (*I use a Ziploc bag and mix in there.*) Add yeast mixture. Knead until smooth. Let rise for approximately 1 hour. Divide into 8 balls and flatten into circles. Top with sauce and cheese (and mushrooms, if desired.) Let rise for 10–15 minutes. Bake at 400 degrees for 15–20 minutes.

Serve with cucumber and carrot sticks.

Week Fifteen

Thursday

Sweet and Sour Meatballs

Ingredients:

Sauce:

15-ounce can tomato sauce
2 tablespoons lemon juice
1 cup water
¼ cup sugar
Spices, as desired.

Meat:

1 pound ground turkey
1 egg
Spices
Olive oil
Breadcrumbs

Method:

Combine sauce ingredients in a large pot. Boil. Mix meat, eggs, and breadcrumbs. Add spices as desired. Roll into balls. Gently place into pot. Simmer for approximately 1½ hours. Freezes well.
Serve with spaghetti and steamed green beans.

Week Sixteen

Sunday

Split Pea Soup

Ingredients:

1 bag split peas
1 onion, chopped
1 cup carrots, chopped
3 sticks celery, chopped
1 tablespoon salt
¼ teaspoon pepper
¼ teaspoon garlic powder
¼ teaspoon oregano (*I leave it out.*)
2 quarts water

Method:

Boil for 2-3 hours—keep checking and stirring to make sure it's not burning. When the peas become a mush, it's ready!

Favorite Chicken

Ingredients:

5 tablespoons lemon juice
½ teaspoon red pepper flakes
¾ teaspoon cumin
¾ teaspoon garlic powder
1 tablespoon oregano
½ teaspoon salt

Method:

Marinate 1½ pounds chicken-cutlet strips in sauce.
Bake on 450 degrees until it turns white (10-15 minutes).

Week Sixteen

Manday

Favorite Salad

Ingredients:

1 head romaine lettuce
½ cup cherry tomatoes
½ cup croutons

Dressing:

4 tablespoons mayonnaise
1 tablespoon lemon juice
1 clove garlic (crushed)
1 teaspoon sugar
1 teaspoon mustard
½ teaspoon salt
⅛ teaspoon black pepper
5 tablespoons oil

Fried Rice

Sauté onion, then add 1 cup rice until it becomes soft (it doesn't really get soft, just kind of mushy). Add 2 tablespoons soy sauce and mix. Then add 3 tablespoons onion soup mix. Then add 2 cups of water and cook. You might have to add a bit more water towards the end.

Crispy, Tangy Glazed Chicken

from [Dining In](#)

Ingredients:

4 chicken bottoms, skinned
½ cup mayonnaise
1¼ cups cornflakes crumbs

Sauce:

½ cup honey
1 cup duck sauce
1 tablespoon soy sauce
1 tablespoon mustard
½ cup sesame seeds

Method:

Coat chicken bottoms with mayonnaise on both sides, then dip in cornflake crumbs. Place in a 9x13 pan, cover and bake at 350 degrees for 1 hour and 20 minutes. Mix sauce ingredients until well blended and pour over baked chicken. Continue baking, uncovered, for an additional 30 minutes.

Week Sixteen

Tuesday

Barbecue Chicken

Sprinkle cutlets with salt and pepper

Place in a 9x13 pan.

Mix:

½ cup honey

½ cup ketchup

¼ cup soy sauce

¼ cup brown sugar

2 cloves garlic, crushed

Make a sauce of above ingredients.

Bake at 350 degrees for 15 minutes covered, then 5 minutes uncovered.

Noodles and Cabbage

Cook a bag of bow-tie pasta, according to package directions.

Sauté a bag of shredded cabbage and 1 onion, diced, on a very low flame until brown. Combine.

Week Sixteen

Wednesday

Onion Soup

Ingredients:

3 large onions
8 cups water
1 tablespoon flour
2 tablespoons onion soup mix
Salt

Method:

Sauté onions until brown. Add flour and mix. Add water, onion soup mix, and salt to taste. Bring to a boil. Cook 1 hour.

Can serve with cheese.

Fettuccine Alfredo

Ingredients:

¼ cup butter
1 teaspoon garlic powder
Salt
Pepper
4 ounces cream cheese
1½ cups half and half
⅔ cup Parmesan cheese
1 tablespoon parsley

Method:

Cook pasta in pan, according to package directions.

In a skillet, melt butter, garlic, salt and pepper.

Add cream cheese and cook on low, stirring constantly. Add Parmesan.

Add to drained fettuccini and add parsley.

Week Sixteen

Thursday

Sesame Chicken

Bread chicken cutlet strips in flour, then egg, then bread crumbs.

Boil together:

1/3 cup ketchup

1/3 cup mayonnaise

1/3 cup apricot jam

1/3 cup honey

Drop of lemon juice

1 teaspoon onion soup mix

1 tablespoon mustard

Pour sauce over chicken. Bake for 1/2 hour at 350 degrees, uncovered.

Nokerlach

Ingredients:

4 tablespoons flour

1 egg

1 egg's-worth of seltzer (use
the egg shell of the egg and
fill one half twice)

1 egg's-worth of oil

Salt and pepper to taste

Method:

Boil water with salt and oil. Using a teaspoon,
drizzle the batter into this mixture. Cook for 20
minutes.

Baked Potatoes

Cut potatoes into thin strips. Pour oil, salt, pepper, garlic powder, and paprika and mix. Bake, covered, for about 1 1/2 hours or until soft.

Week Seventeen

Sunday

Broiled Chicken

Sprinkle paprika, garlic, and pepper on your cut-up chicken.

Broil at 425 degrees for approximately 25 minutes. Turn the chicken over and broil on the other side for another 15 minutes.

Potatoes

Sauté an onion. Add a little water. Cut potatoes into chunks and add to pan. Sprinkle ketchup and salt over it and let it cook for approximately 25 minutes, until soft and brownish in color.

Fresh Salad

Cut tomato, cucumber, and peppers. Drizzle with dressing of your choice.

Week Seventeen

Manday

Corn Soup

Warm up a can of cream style corn with milk and salt.

Homemade Pizza Wheels

Ingredients:

3 cups all-purpose flour
¼-ounce package active dry yeast
2 tablespoons vegetable oil
1 teaspoon salt
1 tablespoon white sugar
1 cup warm water (110 degrees)

Method:

Make pizza dough. Roll out in a rectangle. Spread sauce and shredded cheese, roll up jelly-roll style, and cut into pinwheels. Lay the pinwheels flat and bake for approximately 15 minutes at 400 degrees.

Original recipe makes 1 pizza.

Fresh Salad

Cut tomato, cucumber and peppers. Drizzle with dressing of your choice.

Week Seventeen

Tuesday

Butternut Squash Soup

Sauté onion and peeled and cubed butternut squash. Add water just under the top of the squash. Cook until soft and then blend with some salt and pepper.

Tuna Patties

Mash tuna. Add eggs—one egg per can of tuna. Add some flavored bread crumbs and fry until golden.

Couscous or Quinoa

Follow the recipe on the package.

Lettuce and Cherry Tomato Salad with Italian Dressing

Week Seventeen

Wednesday

Fried Schnitzel

Dip schnitzel in egg and then in cornflake crumbs. Fry.

Rice

Steamed String Beans

Fresh Salad

Cut tomato, cucumber and peppers. Drizzle with dressing of your choice.

Week Seventeen

Thursday

Vegetable Soup

Gefilte Fish

Defrost a loaf of gefilte fish and shape it into balls. Cook in tomato sauce with frozen vegetables.

Serve with pasta, mixed with sauce from fish.

Week Eighteen

Sunday

Zucchini Soup

Ingredients:

4–5 large zucchinis
1 onion
5 cups water
2½ teaspoons salt
Black pepper to taste

Method:

Wash zucchinis and cut into large chunks. Place zucchinis and onion in pot and cover with water. Boil for 30 minutes or until soft. Blend with immersion blender. Add spices and cook for additional half hour. You can also add additional chunks of zucchini after blending. This soup tastes great with croutons.

Meat Lasagna

Ingredients:

1–2 pounds chopped meat
1 24-ounce jar of your favorite tomato sauce
1 16-ounce can jellied cranberries
1 box lasagna noodles
Water

Method:

Mix chopped meat with jellied cranberries and half the sauce. Layer sauce, noodles, meat, sauce, in 9x13 pan until the meat is finished. I usually use about 4 layers of noodles. Pour a little water around the lasagna, about a third of the way up the lasagna. Bake at 350 degrees, covered, for about 1½ hours. Tip: If the lasagna looks watery, you can open the corner of the cover and cook a little longer to let the moisture evaporate.

This recipe is very easy to double and freeze, and can then be put in the oven straight from the freezer—just bake it for longer than you would otherwise. It also works great in an 8x8 pan: just use a little less of all ingredients.

Fresh Vegetable Salad

Ingredients:

1 red pepper
1 green pepper
1 14-ounce can of baby corn
2 cucumbers
1 8-ounce package cherry tomatoes

Method:

Wash peppers and tomatoes. Slice cucumbers and peppers into sticks. Place on a platter. Enjoy!

Week Eighteen

Manday

Baked Salmon

Ingredients:

Salmon
Olive oil
Lemon juice
Black pepper
Onion powder or garlic powder

Method:

Wash salmon pieces and place in pan. Pour a little olive oil and lemon juice on each piece and rub it in. Sprinkle with onion or garlic powder and a little black pepper. Bake at 350 degrees uncovered for 22 minutes. Time may vary a little depending on the thickness of fish.

Roasted Potatoes

Ingredients:

8 Idaho Potatoes
1 heaping teaspoon salt
1 heaping teaspoon garlic powder
2 teaspoons paprika
¼ cup oil
¼ cup water

Method:

Peel and cut potatoes into chunks. Place in pot of water and bring to a boil. Once it boils, drain potatoes and add oil and spices. Mix potatoes with oil and spices and pour into 9x13 roasting pan. Bake at 350 degrees for half an hour covered and for half hour uncovered.

(For easier variety, I sometimes use red potatoes and skip the step of boiling them. I find that they cook faster and don't need that extra step).

String Beans

Ingredients:

1 bag frozen string beans
1 package mushrooms
1 onion
Salt
Black pepper
Garlic powder

Method:

Sauté onions. Add mushrooms and sauté until soft. Add frozen string beans and spices. Sauté on low flame.

(For easier variety, you can just put all the ingredients in a pan and bake it covered for about 30 minutes on 350 degrees.)

Week Eighteen

Tuesday

Mushroom-Barley Soup

Ingredients:

2 onions, diced
1 package cello mushrooms,
thinly sliced (or one can
mushrooms with its water)
5 stalks celery, diced
3 carrots, diced or thinly sliced
1 cup barley
10 cups water
2 teaspoons onion powder
¼ teaspoon black pepper
1 teaspoon garlic powder
3½ teaspoons salt

Method:

Sauté onions. Add mushrooms until soft. Add celery and carrots until soft. Add barley and spices. Add water and bring to a boil. Simmer on low heat for 1½ to 2 hours. This soup actually tastes better when refrigerated and reheated. It also freezes very well.

Schnitzel

Ingredients:

Schnitzel pieces
2 eggs
½ cup duck sauce
½ cup flour
Cornflake crumbs
Oil for frying

Method:

Wash, slice, and hammer schnitzel into thin pieces. Dip into mixture of eggs, duck sauce, and flour. Coat in cornflake crumbs. Fry on each side for a few minutes.

Broccoli

Ingredients:

*(This is a real easy one, but
yummy!)*
1 bag frozen broccoli florets

Method:

Spread broccoli in 9x13 pan. Sprinkle with salt, black pepper, onion and garlic powder. Bake at 350 degrees uncovered for 20–30 minutes.

Week Eighteen

Wednesday

Onion Soup

Ingredients:

2 large onions
4 tablespoons flour
1 tablespoon sugar
2 teaspoons salt
Pinch of black pepper
Onion powder
Garlic powder
6 cups water

Method:

Cut onions in half and then in slices. Sauté until translucent. Add flour, sugar, spices, and water and bring to a boil. Simmer on low heat for half an hour. *Caution: The soup has a tendency to boil over when it initially boils, so keep an eye on it and then lower the flame.*

The soup tastes great with grated cheese and/or croutons.

Lasagna

Ingredients:

1-pound box lasagna noodles (*I use whole wheat*)
1 24-ounce jar of your favorite marinara sauce
1 pound cottage cheese
6–8 ounces of grated mozzarella cheese
Optional: about 8 ounces frozen chopped spinach
1/3 cup water

Method:

Cook and drain spinach. Mix spinach together with cottage cheese. In 9x13 pan, layer sauce, noodles, cottage cheese (with optional spinach), noodles, sauce, mozzarella cheese, noodles, cottage cheese (with optional spinach), noodles, sauce, mozzarella cheese. Add water to sides of pan around the lasagna. Cook covered at 350 degrees for 1½ to 2 hours.

Notes: *You can easily break the lasagna noodles and prepare this in an 8x8 pan, using less of all ingredients.*

I often prepare this in advance and freeze it. You can move it straight from the freezer to the oven: just cook it for longer.

Week Eighteen

Thursday

Turkey Stir-Fry

Ingredients:

1 onion
10 ounces mushrooms
About 2 pounds turkey stir fry
*(turkey cut into small pieces.
I either have the butcher cut
it for me, or I buy any piece
of turkey and cut it with
chicken scissors into small,
bite-size pieces)*
1 green pepper
1 14-ounce can baby corn
1 14-ounce can bean sprouts
1 14-ounce can water
chestnuts
Optional: 1 green zucchini

Method:

Sauté onion. Add turkey and cook, mixing constantly, until turkey looks cooked (light brown in color). Add other vegetables and sauté for a few minutes until soft.
Serve over brown rice or pasta.

Fresh Salad

Ingredients:

1 bag romaine lettuce
1 cucumber
1 tomato
Craisins®
1 pepper
2 heaping tablespoons
mayonnaise
1-2 teaspoons garlic powder
1-2 tablespoons sugar
2 tablespoons of lemon juice

Method:

Put all vegetables into chunks and mix together with lettuce. Add mayonnaise, garlic powder, sugar, and lemon juice. Mix well and enjoy!!

Week Nineteen

Sunday

Cream of Chicken Soup (made from Shabbos leftovers)

Remove all vegetables and chicken that were cooked in the soup. Put back the onion, zucchini, some parsnip (if used), and a little chicken. Blend with hand blender. Heat and serve with matzo balls, noodles or croutons.

Chilled Chicken Noodle Salad (made from Shabbos leftovers)

Ingredients:

18-ounce Gefen Japanese style noodles (frozen)
1 cup cooked, shredded chicken
1 cup bean sprouts
½ cup thinly sliced red bell pepper
½ cup thinly sliced green onion
¼ cup thinly sliced sugar snap peas

Method:

Cook noodles according to package directions. Drain, rinse with cool water and place in large bowl. Add chicken and veggies and toss to combine. Refrigerate 10–20 minutes or until chilled. Stir together dressing ingredients. Pour over noodle salad and toss to coat evenly.

Dressing:

½ cup mayonnaise
1 tablespoon lemon juice
1 tablespoon soy sauce
½ teaspoon ginger
½ teaspoon salt

Week Nineteen

Manday

Breaded Chicken Cutlets

Ingredients:

Chicken cutlets (pounded or cut thin)
Mayonnaise
Flavored cornflake crumbs and bread crumbs

Method:

Combine equal amounts of cornflake crumbs and bread crumbs. Smear cutlet with a thin layer of mayonnaise. Coat with crumb mixture. Place on baking sheet lined with foil and sprayed with cooking spray. Bake at 400 degrees for 30 minutes.

Mixed Vegetable Salad

Cook a package of frozen mixed vegetables until just cooked (al dente). Put in bowl. Add 1 tablespoon mayonnaise, some garlic powder to taste, and a drop of salt. Serve warm or at room temperature.

Quick and Easy Baked Potatoes

Line baking pan with foil. Pour some oil and sprinkle liberally with paprika and salt. Cut potatoes (*I prefer the red ones—regular size*) in half. Place cut side down on pan. Bake until done. (*I just bake it on whatever the oven happens to be on anyway, in this case 400 degrees.*)

Week Nineteen

Tuesday

Baked Fish Fillets

Ingredients:

1–2 packages of frozen tilapia
or flounder fillets (don't
bother defrosting)
Cooking spray
Fish seasoning (*I use the spice
made by Lieber's*)

Method:

Spray baking pan with cooking spray. Place fish
in pan and spray top of fish. Sprinkle fish with
seasoning. Bake at 350 degrees for 20 minutes
and then broil for 3–4 minutes to crisp top.

Fresh Veggies and Dips

Stuffed Shells

Ingredients:

1 box pasta shells (large size),
cooked and drained
1 jar pasta sauce
8 ounces farmer cheese
8 ounces shredded mozzarella
cheese
1 egg, beaten

Method:

Pour ¼ cup pasta sauce in bottom of 9x13 pan.
In a separate bowl, mix together egg, farmer
cheese, ¾ of the shredded cheese, and some
pasta sauce (about ½ cup). Put some cheese
mixture into each shell and place into pan,
packing shells tightly. Pour the rest of the pasta
sauce on top. Sprinkle remaining shredded
cheese. Bake, covered, until the cheese melts.

Week Nineteen

Wednesday

Baked Onion Chicken

Ingredients:

6–8 chicken quarters (legs)
2 cups brown rice
Bag of frozen broccoli or green beans or broccoli-cauliflower mix
Onion powder
Garlic powder
Paprika
Pepper
Salt (*original recipe calls for onion soup mix; I just use my own spice mixture instead*)
Can of mushrooms (optional)

Method:

In a baking pan one size larger than 9x13 (*I use 10x16*): Pour the rice into $\frac{2}{3}$ of the pan and $\frac{1}{2}$ bag of the vegetables into the other third. Salt the rice. Place chicken quarters on top and sprinkle other spices on top (so some goes on the rice and veggies, too). If you want, you can put in the mushrooms—some on the chicken and some on the rice. Pour water over the whole thing until it reaches halfway up the chicken. Cover tightly and bake at 375 degrees for 1½ hours.

Week Nineteen

Thursday

Tuna Casserole

Ingredients:

- 1 can tuna, finely mashed
- 2 eggs
- 2 tablespoons mayonnaise
- 8 ounces frozen mixed vegetables
- 2 potatoes, cooked and mashed

Method:

Combine all ingredients. Add salt and pepper to taste. Bake at 350 degrees for 1 hour.

This recipe can be multiplied as needed. (*I do 4 times the recipe in a 9x13 pan.*)

Week Twenty

Sunday

Macaroni Cheese

1 16-ounce box macaroni, cooked

½ cup milk, scalded

Add 1–2 tablespoons flour and stir with a whisk to mix, until the milk thickens.

Remove pan from heat. Add 3 ounces cheddar cheese and whisk until melted.

Stir macaroni into cheese sauce.

Add salt to taste.

Green Salad

1 head romaine lettuce, torn

Two handfuls grape tomatoes

Caesars salad dressing (*I use bottled*)

Garnish with croutons and Parmesan cheese (optional)

Week Twenty

Manday

Tomato Rice Soup:

Sauté 1 chopped onion and 1 clove minced garlic.

Add 1 25-ounce can strained tomatoes.

Heat until just boiling.

Add ½ cup rice and 2 cups water.

Bring to boil, reduce to simmer until rice is soft.

Add dash of lemon juice, fresh chopped oregano, basil, and dill to taste.

Salt to taste.

Fried Tilapia

Dip tilapia fillets in egg and garlic powder.

Dredge in breadcrumb/cornflake crumb mixture.

Fry.

Roasted Cauliflower

Toss 1 head cauliflower florets with olive oil and salt.

Roast at 350 degrees for one hour.

Week Twenty

Tuesday

Baby Bok Choy and Quinoa

Cook quinoa (amount per person), as per instructions on package.

Sauté 1 pound shitake or oyster mushrooms.

Remove from pan when juices are released. Set aside.

Sauté two sliced Vidalia onions.

Return mushrooms to pan.

Add white parts of 4 heads baby bok choy.

When soft, add shredded greens.

Simmer for 10 minutes.

Add tamari soy sauce, salt, and pepper to taste

Serve bok choy over quinoa.

Week Twenty

Wednesday

Vegetable-Barley Soup

In food processor, shred:

- 1 onion
- 2 carrots
- 1 sweet potato
- 1 zucchini
- 1 Idaho potato

Sauté vegetables in 1 tablespoon olive oil.

Add water to cover, bring to boil.

Reduce to simmer, add water and $\frac{3}{4}$ cup barley.

Cook until vegetables are soft and barley is well done.

Roast Chicken:

Line baking pan with

- Onions
- Celery
- Cut potatoes and
- Carrots

Place whole chicken in pan and sprinkle with salt, pepper, thyme, and garlic powder.

Squeeze fresh lemon over chicken. Place lemon halves in pan with a bunch of fresh rosemary.

Cover and bake for 1½ hours. Uncover and bake another 30 minutes.

Week Twenty

Thursday

Carrot-Dill Soup

Sauté 1 chopped onion.

Add 2 pounds carrots.

Cover with water and bring to boil. Reduce to simmer and cook until carrots are soft.

Add 4 tablespoons of chopped dill. Remove from heat and allow to steep as soup cools.

Remove dill, blend with immersion blender, and reheat to serve.

Add salt and pepper to taste.

Black Bean Burgers

In food processor, chop 1 onion and 4 cloves of garlic.

Add 1 egg, $\frac{1}{3}$ cup rolled oats, $\frac{1}{4}$ cup ketchup, 1 teaspoon salt, and 1 tablespoon chili powder.

Process until smooth.

Add 1 can black beans; process, but leave it a bit chunky.

Stir in $\frac{1}{2}$ cup bread crumbs. Form patties and fry a few minutes on each side.

Israeli Salad

Chop cucumbers, tomatoes, green peppers, red onion and pickles (optional).

Add 2 tablespoons olive oil, 2 tablespoons lemon juice, and salt and pepper to taste.

Sweet Potato Fries

Cut sweet potatoes into wedges, sticks or rounds as desired. Toss with 3 tablespoons olive oil, 1 tablespoon cinnamon, 1 tablespoon cayenne pepper and 2 teaspoons sea salt.

Spread in single layer on baking sheet. Bake 1 hour at 350 degrees, turning as necessary.

Week Twenty-One

Sunday

Tuna Casserole

from HeavenlyHomemakers.com

Ingredients:

2½ cups whole-wheat pasta
3 cups whole milk (*I use almond milk*)
½ teaspoon sea salt
2 cans (6 ounces each) tuna, drained
1 cup shredded cheese (optional) (*I don't usually use because 3 of my kids have to severely limit dairy*)

Method:

Mix pasta, milk and salt in a large saucepan. Cook over medium-high heat stirring almost constantly until the pasta is tender (10–15 minutes). Remove from heat. Add tuna and cheese, and stir until cheese is melted.

Serve immediately with a green salad.

Week Twenty-One

Manday

Popcorn Chicken

Ingredients:

Chicken cutlets
Whole-wheat flour
Spices (*I use salt, garlic powder, onion powder and paprika*)
Coconut oil

Method:

Place flour and spices in a gallon bag. Mix together. Cut chicken into bite-sized pieces, and place in bag. Close bag and shake until flour mixture evenly coats the chicken pieces. Pour oil into bottom of baking pan. Place chicken in single layer in pan. Bake at 400 degrees for 25–30 minutes, flipping halfway through.

Popcorn Cauliflower

Ingredients:

Cauliflower
Coconut oil
Spices (*I usually use the same as the ones above*)

Method:

Wash and check cauliflower. Cut into bite-sized pieces (about the size of popped popcorn). Put into a bowl and mix with oil and spices. Roast at 400 degrees until soft.

Week Twenty-One

Tuesday

Taco Salad

Note: I don't usually make a side with this because everyone makes it how they want, and there's protein, veggies and carbs included.

Ingredients:

Tortilla chips
Shredded lettuce
Chopped tomatoes
Cooked or canned pinto beans,
heated up and blended with
an immersion blender (if
using home-cooked beans,
make sure to add salt when
blending)
Salsa
Sour cream
Shredded cheese

Method:

Put each ingredient out in a separate dish.
Everyone can assemble a salad the way they'd
like.

Week Twenty-One

Wednesday

Hamburgers

I take chopped meat and form into patties, then bake or broil until cooked through. Or use your favorite hamburger recipe. Serve on whole-wheat buns with tomato and onion slices.

Spicy, Crispy Fries

Ingredients:

Potatoes
Coconut oil
Salt
Garlic powder
Pepper
Onion powder
Paprika
Cornstarch

Method:

Wash potatoes and cut into fry shapes. Place in a bowl and mix with oil. Add spices and mix. Add 2 tablespoons cornstarch and mix. Put fries in baking pan and bake at 400 degrees until crispy, mixing occasionally, about 45 minutes to an hour.

Week Twenty-One

Thursday

Pareve Baked Ziti

Ingredients:

Whole-wheat penne noodles
Tomato sauce
Pareve white sauce (recipe below)

Method:

Cook noodles according to package directions. Drain. Put back in pot and add tomato sauce and white sauce. Mix. Pour noodle mixture into baking pan and bake at 350 degrees for about 20–30 minutes.

Pareve White Sauce

from OurGaggleOfGirls.com

Ingredients:

1 14-ounce can coconut milk
3 tablespoons margarine or cooking oil (*I use coconut oil*)
3–4 tablespoons arrowroot, corn, or tapioca starch
2 cloves garlic, minced (*I use garlic powder*)
1 pinch kosher salt
Additional seasonings as desired—we like Italian seasoning, Herbes de Provence, or Tony Chachere's Cajun seasoning (*I use Italian seasoning, since I use it for baked ziti or pizza*)
1 small onion, a few mushrooms, 1 stalk celery, or other desired vegetable, minced (*I omit this*)
¼ cup white wine, broth, or other liquid (*I use water*)

Method:

Melt margarine or heat oil over medium heat in a small saucepan. Add minced garlic (and any other vegetable you need—e.g., mushrooms for cream-of-mushroom soup substitute) and sauté until tender.

Mix 3 tablespoons starch into the saucepan; it should form a thick paste. If it's runny, add a bit more starch until it's thick.

Whisk in the white wine, broth, or other liquid. (*At this point it always clumps up on me, but when I add the coconut milk in the next step, I'm able to whisk it all back to liquid form.*)

Continue whisking, and pour in the coconut milk.

While whisking the sauce, add salt and any spices. Continue whisking over medium heat, as the mixture comes to a low boil and thickens.

Once the sauce thickens, use in any recipe as directed.

Serve with green salad, baked sweet potatoes, and garlic bread.

Week Twenty-Two

Sunday

Letcho Chicken Cutlets

Sauté an onion.

Add 2 red peppers, plus 1 yellow pepper cut into smaller strips

One can mushrooms

One can baby corn nuggets (optional)

Sauce:

½ cup apricot jam

⅓ cup duck sauce

⅓ cup ketchup

Method:

Boil the sauce ingredients in pot.

Dip chicken cutlets in flour and shake off excess. Put in foil and pour sauce on top. Bake covered for 1 hour and then uncovered for an additional 15 minutes.

Serve with rice.

Week Twenty-Two

Manday

Meat Loaf

Ingredients:

1½ pounds. ground meat or chicken
2 eggs
3 tablespoons ketchup
¼ cup plain breadcrumbs
1 tablespoon onion soup mix
1 teaspoon garlic powder
1 teaspoon onion powder
¼ teaspoon black pepper
½ squash, shredded (optional)

Method:

Mix everything in loaf size pan. Bake at 350 degrees for 1½ hours, uncovered.

Optional: Pour topping on top for the last 15 minutes of baking.

Serve with couscous—follow package directions for how to cook it.

Optional Topping:

½ cup ketchup
3 tablespoons sugar
1 tablespoon mustard
2 tablespoons onion soup mix

Broccoli Mix, Roasted in Oven

Ingredients:

1 large Spanish onion
1 head of broccoli
1 8-ounce can mushrooms
1 14-ounce can of baby corn
1 red pepper
3 tablespoons onion soup mix
Oil

Method:

Sauté a large Spanish onion in oil in oven for 10–15 minutes (*Optional—We don't like onion so I skip this.*)

Mix in pan. Bake uncovered at 350 degrees for at least 45 minutes. (*I bake much longer.*) Stir every so often.

Week Twenty-Two

Tuesday

Chicken Lo-Mein

Ingredients:

8 ounces spaghetti, cooked in salted water and drained
1 pound frozen stir-fry vegetables
Cubed chicken cutlets
3 tablespoons soy sauce
3 tablespoons oil
3 tablespoons onion-soup mix

Method:

Put the cooked spaghetti into 9x13 pan. Mix with 1 pound frozen stir-fry vegetables and cubed chicken cutlets. Add soy sauce, oil, and onion soup mix.

Bake, covered tightly, at 350 degrees for 1 hour.

Week Twenty-Two

Wednesday

Sloppy Joes

Ingredients:

1½ pounds ground dark chicken
1½ pounds ground light chicken
2 or 3 eggs
1 cup breadcrumbs
¾ cup seltzer
Squirt ketchup
4 cloves garlic minced fresh or
frozen
Salt
Black pepper
1 large onion

Method:

Sauté the onion in a pot. Add the rest of the ingredients and stir every so often.

Dressing for Salad and Wraps

Ingredients:

(Sorry no exact amounts)
Mayonnaise (this makes up
most of the dressing)
Honey
Mustard
Garlic powder

Method:

Take small-size wraps and fill with sloppy joe mixture. Fold over and secure with toothpick in the middle. Smear the outside with a bit of dressing.

Salad

Ingredients:

1 11-ounce pack of romaine or
any other pack of lettuce
Cucumbers
Tomatoes
Roasted slivered almonds

Method:

Can be served with any type of potatoes, such as mashed potatoes or baked. We like baked potatoes with French-fry spice and oil.

Bake covered at 450 degrees until soft, approximately 1½ hours, and then uncovered at 350 degrees until crispy.

Pour the previous dressing over the salad.

Week Twenty-Two

Thursday

Teriyaki Salmon

Ingredients:

4 slices salmon fillet

Sauce:

½ cup water

¼ cup teriyaki sauce

3 tablespoons honey

3 tablespoons brown sugar

Method:

Bake in pan. Pour sauce over fish (can also use cubed salmon on skewer for fancier presentation.) Bake at 350 degrees for approximately 1 hour.

Serve over angel-hair pasta.

Salad

Ingredients:

1 11-ounce pack romaine or
any other type of lettuce

1 8-ounce box cherry tomatoes
(*I wouldn't use the whole
box*)

1 14-ounce can of corn, drained

Oil

Pinch of salt

Lemon juice (*optional—I skip
the lemon juice*)

Method:

Mix the romaine, lettuce, and corn with oil, a pinch of salt, and sugar (and lemon juice if desired).

Week Twenty-Three

Sunday

Shabbat Leftovers—Revamped

Chicken and cooked rice: Chicken with rice cooked under it; season with your choice of spices or sauces. Cook on the stove for 1½ hours.

Serve with fresh salad: Cut up cucumbers and tomatoes.

Week Twenty-Three

Manday

Wings

2 pounds wings cooked with barbecue sauce and orange juice in the oven for 1½ hours

Serve with fresh salad: Cut up cucumbers and tomatoes.

Week Twenty-Three

Tuesday

Cheesy Pasta

1 16-ounce bag of pasta

Cook until soft. Drain water. Return to pot.

Heat up with shredded cheese and a container of cut-up tomatoes and oregano.

Heat until cheese is melted.

Serve.

Week Twenty-Three

Wednesday

Scrambled Eggs

Cut up a few tomatoes (and any vegetables that you like in your egg).

Fry in frying pan on a low flame.

Pour in the amount of eggs that you want for the meal.

Add cheese.

Cook, mixing all the while.

Serve with bread or on its own.

Week Twenty-Three

Thursday

Chicken Mayo

Cook a whole chicken breast.

Once cooked, either cut it into small pieces or purée it.

Cut up cucumbers, tomatoes, pickles, and peppers, and add to the chicken mixture.

Mix in mayonnaise until you feel the mixture is moist enough.

Week Twenty-Four

Sunday

Minced Meat with Tacos

Defrost a package of meat (*we usually end up using ground turkey*).

Put onto the stove with a low flame.

Add sauces and spices (ketchup, orange juice, chutney).

Cook until browned and smells ready.

Fresh salad, tacos, and mince all together make a yummy dinner.

Week Twenty-Four

Manday

Orange Soup

Ingredients:

10 carrots
3 sweet potatoes
1 large onion
Oil, for sautéing
1 teaspoon cinnamon
Salt to taste

Method:

Peel and cut onion, carrots and potatoes.

Put fire on low.

Sauté the onion in oil. When the onion is browned, add the other vegetables. Once the pot is full with vegetables, add water to cover.

Add 1 teaspoon of cinnamon to the soup. Cook on low flame until the vegetables are soft. Add a bit of salt for flavoring. Serve as is or purée for a smooth soup.

Serve with crusty bread.

Week Twenty-Four

Tuesday

Teriyaki Schnitzel

from the imamother.com poster PinkTichel

Ingredients:

Equal amounts:

Honey

Soy sauce

Oil (optional)

As many chicken breasts as you
require

Breadcrumbs

Method:

Marinate for as much time as you have (up to 24 hours).

Dip cutlets into flavored bread crumbs and bake.

This recipe is amazing with mashed potatoes.

Bake at 375 degrees for 20–25 minutes,
uncovered, on a cookie sheet.

Week Twenty-Four

Wednesday

Pepper Steak

Marinate pepper steak in soy sauce.

Sauté 3 cloves minced garlic until soft.

Add 2 green peppers, cut into 1-inch pieces. Remove when done.

Sauté 1 sliced white onion. Add pepper steak.

Remove meat when still rare.

Heat marinade. Add 1 teaspoon ginger, 1 teaspoon salt, and 1-2 tablespoons corn starch. Let the sauce thicken.

Replace meat and peppers, and heat until warm.

Rice

Cook rice of choice, as per instructions on package.

String Beans

Ingredients:

String beans

Method:

Trim raw string beans. Bring a large pot of water to boil. Add beans and cook for 6 minutes.

Remove from water.

Week Twenty-Four

Thursday

Vegetable Soup

Sauté:

- 1 onion
- 1 pound carrots
- 4 stalks celery
- 2 zucchini

Add water, salt and pepper.

Bring to boil, then turn down heat and simmer until vegetables are soft.

Baked Ziti

Cook 1 pound ziti, per instructions on box.

Mix:

- 1 egg
- 15 ounces ricotta cheese
- 8 ounces shredded mozzarella cheese
- 1 jar pizza sauce

Add cooked ziti, put into pan.

Sprinkle with Parmesan cheese. Bake 1 hour at 350 degrees.

Week Twenty-Five

Sunday

Meatballs in Crockpot

Ingredients:

1½ pounds. ground meat
2 cloves garlic, crushed
1 onion, minced (*I added sautéed onions*)
½ teaspoon salt
¼ teaspoon white pepper
⅓ cup bread crumbs or 2 slices bread, soaked and squeezed
3 eggs

Method:

Combine all ingredients. Mix well. Form into balls.

Cook on high for 5–6 hours.

Make spaghetti according to package instructions. Serve with meatballs

Sauce: (*For the easy way out, use a can of marinara sauce.*)

1 cup lemon juice
1 cup brown sugar, or to taste
29-ounce can tomato sauce
1 6-ounce can tomato paste
2 cups water

Optional things to add:

½ tablespoon duck sauce
Squirt of ketchup
Squirt of honey
Italian seasoning

Salad

Ingredients:

Diced tomatoes
Peppers
Cucumbers
Avocado
Romaine lettuce

Dressing:

Splash of water
Extra-virgin olive oil
Vinegar
Lemon juice
Salt
Pepper
2 frozen garlic cubes

Week Twenty-Five

Manday

Butternut Squash Soup

Ingredients:

2 onions
2 squash
2 sweet potatoes
1 carrot
2 white potatoes
3 cloves garlic

Method:

Sauté onions in a drop of oil. Chop up the rest of the veggies, add to pot, and cover with water. Boil until veggies are soft, purée and then add spices of choice (*I usually do salt, pepper, onion powder and a tad of cinnamon.*)

Crispy Baked Onion Rings

from overtimecook.com

Ingredients:

1 large white onion
2 tablespoons white whole-wheat flour
2 eggs
1 teaspoons kosher salt
½ teaspoon garlic powder
½ teaspoon parsley flakes
Pinch cayenne pepper
1 to 1½ cups whole wheat breadcrumbs

Method:

Preheat oven to 450 degrees. Line a cookie sheet with parchment paper. Set aside.

Peel the onion and slice it in full rounds, about ¼ inch thick. Separate the individual layers and place in a medium bowl. Add the whole-wheat flour and toss to dredge the onion slices. In a small bowl, mix together the eggs, salt, garlic powder, parsley and cayenne. Beat with a fork until combined. Place the bread crumbs in another small bowl.

Dip one of the rings into the egg and spice mixture, and then into the bread crumbs, turning it in both to coat on all sides. Place the coated onion ring on the prepared tray. Spray well with cooking spray or spray oil.

Place the tray in the oven and bake at 450 degrees for 10 minutes. Remove the tray from the oven, turn over all of the rings, and spray the other side. Bake for an additional 2–4 minutes, until bottoms are crispy.

Serve hot. Enjoy!

Continued on next page

Week Twenty-Five

Manday

Chicken Fajitas Wraps

from [Fresh and Easy](#)

Ingredients:

1 pound boneless chicken breast (cut into thin strips)
2 teaspoons sugar
1 teaspoon italian seasoning (or oregano)
½ tablespoon cumin
½ teaspoon red pepper flakes
½ teaspoon garlic powder
Juice of a lime or lemon (4 tablespoons)
2 tablespoons olive oil
Pita, lafah or wrap

Optional additions:

3 Peppers
½ Onion
Lettuce
Avocado

Method:

Cut the chicken into thin strips (*short or long, depending on how you like it*).

Add the spices. Pour the lime or lemon juice over the chicken and mix it all together. Let the chicken marinate for a half hour or overnight.

To make the optional peppers and onions, cut them into thin strips. In a frying pan add 2 tablespoons oil. Add the peppers and onions and cook until they start to soften. Take out and cover with foil to let it steam. Use this pan for the chicken.

Preheat the frying pan (medium-high) and add the olive oil when it is hot. Heat the oil and when it is getting hot (after about a minute), add the chicken. Be careful because the oil in the pan might splatter. Make sure the chicken is not tangled—separate the strips so that they all cook evenly.

You can cover the pan and stir the chicken occasionally to ensure it gets cooked evenly. When the chicken is white on the inside, (after about 8 minutes), then it is ready!

Serve it in a pita, lafah, or wrap. Dress it with the peppers and onions, lettuce, avocado, salsa, or whatever you like (*even French fries are great*). Have fun with it: Lay out a bunch of different foods and let everyone make their own fajita wraps to their taste.

Week Twenty-Five

Tuesday

Terra Stix® Salmon

Make a paste of olive oil, lemon juice, paprika, 3 frozen garlic cubes, salt, pepper, and basil.

Spread on salmon. Bake at 350 degrees for 20 minutes covered, and then 15 minutes uncovered. Top with crushed Terra Stix®.

Scalloped Potatoes

Ingredients:

3 tablespoons oil (or 6
tablespoons margarine)
½ cup flour
2 onions, chopped
½ cup mayonnaise
½ teaspoon salt
3½ cups (28 ounces) chicken
stock
9–10 potatoes, peeled and
sliced

Method:

Heat oil in large pot. Add flour and stir. Add the next four ingredients and stir until smooth. Ladle over potatoes in pan. Sprinkle pepper and paprika over top. Bake uncovered at 350 degrees for 1½ hours.

Roasted Broccoli

Take frozen broccoli, sprinkle salt, pepper, garlic powder and cumin. Roast at 400 degrees for about 10 minutes, until it crisps up.

Week Twenty-Five

Wednesday

Zucchini Soup

Dice a large onion, 2 potatoes and 3–4 medium zucchini into cubes. Sauté in about 1 teaspoon of oil. Cover with water and purée when soft. Spice according to your liking.

(This is my cheat method out of making a fancy zucchini soup; it tastes good with skin on or off.)

Schnitzel

Ingredients:

Dip schnitzel into a mixture of egg, spicy brown mustard, and honey. Dip into seasoned panko crumbs. *(I season with spicy paprika, garlic powder, salt and pepper.)* Fry in oil or bake on a lined baking sheet at 375 degrees for 25–35 minutes, depending on your oven.

Israeli Salad

Dice pickles, red onion, red pepper, tomatoes, and cucumbers—season with salt, pepper, olive oil, salt, fresh lemon, parsley and garlic powder. I usually serve with techina as well.

Roasted Potatoes

Mini red potatoes, cut in half, tossed in olive oil, loads of garlic, salt, pepper, spicy paprika. Bake at 450 degrees for 45 minutes.

Week Twenty-Five

Thursday

Pizza

I cheat and get frozen pizza dough. I roll it out, then put on marinara sauce, mozzarella cheese, and mushrooms, peppers, onions and olives. Bake at 375 degrees until cheese is melted.

Salad

Dressing is a mixture of mayonnaise, 3 frozen garlic cubes, salt, pepper, lemon juice, and a sprinkle of sugar.

I put the dressing over romaine lettuce, peppers, onions, olives, and cherry tomatoes.

Week Twenty-Six

Sunday

Chicken Wraps

Wraps filled with honey-mayonnaise dressing, or other dressing of choice, breaded chicken cutlets, roasted onions, veggies, and deli.

Roasted Onions

Slice an onion, toss with oil and salt. Bake at 400 degrees until tender.

Deli Salad

Leftover Potato Kugel

Week Twenty-Six

Manday

Potato Leek Soup

Ingredients:

3 leeks, pale green parts only,
cleaned and cut into 1-inch
chunks
3 pounds Yukon gold potatoes
Salt
Olive oil
4 cups chicken or vegetable
broth
2 cups water
Pepper

Method:

Sauté leeks until caramelized.
Add rest of ingredients, cook approximately 30
minutes.
Blend with immersion blender.

Dr. Pepper Chicken

Ingredients:

4 chicken bottoms
Garlic powder
½ cup Dr. Pepper or Coke
½ cup ketchup
½ cup apricot jam
1 tablespoon soy sauce
2 large onions

Method:

Sprinkle chicken with garlic powder
Slice 2 large onions and place them on the
chicken.
Mix Dr. Pepper/Coke, ketchup, apricot jam, and
soy sauce.
Cover onions with the sauce. Bake uncovered at
375 degrees.

Pasta With Broccoli and Mushrooms

Toss pasta with broccoli, sautéed mushrooms, fried onions, a little oil, garlic, salt, and pepper.

Week Twenty-Six

Tuesday

Beef and Bean Chili in Tacos

Ingredients:

3 pounds ground beef
2 large onions, chopped
3 tablespoons minced garlic
1 tablespoon cumin
Salt
Pepper
1 tablespoon oregano
1 teaspoon cayenne pepper
1 28-ounce can crushed tomatoes
1 15-ounce can tomato sauce
2 15-ounce cans baked beans, drained

Method:

Brown beef and transfer to plate. Sauté onions. Add garlic and 3 cups water. Return meat to pot, add spices and cook for 5 minutes. Add tomatoes and tomato sauce. Cook 30 minutes, stirring occasionally.
Add beans and cook for 5 minutes. Serve with tacos.

Terra Stix® Salad

Ingredients:

Romaine lettuce
Thinly sliced purple onion
Mushrooms
Tomatoes
Red pepper
Yellow pepper
Diced avocado

Dressing:

¼ cup sugar
½ teaspoon salt
½ teaspoon mustard
½ cup oil
¼ cup vinegar
¼ cup ketchup
¼ teaspoon garlic powder
Top with a lot of Terra Stix®.

Week Twenty-Six

Wednesday

Cauliflower Soup

Sauté an onion, add 1 big bag Eden cauliflower, 8 or 9 cubes frozen garlic, and sauté everything. Add water, salt, pepper and garlic. Cook, blend.

Hush Puppy Chicken

Take pastry square and spread with mustard. Layer with a raw chicken cutlet, a slice of pastrami, and mashed potatoes in center.

Pinch in 4 corners.

Brush with egg and sesame seeds.

Bake seam-side down at 350 degrees until golden.

Dijon Broccoli

Cook frozen broccoli until bright green, drain.

Make dressing of mayonnaise, mustard, vinegar, garlic, salt, and pepper. Drizzle over broccoli.

Week Twenty-Six

Thursday

Caesar Salad

Ingredients:

Lettuce
Purple onion
Tomato
Caesar dressing

How to Make Homemade Croutons:

Cube stale challah or roll. Drizzle with olive oil, garlic, and oregano, Lay out on cookie sheet. Bake at 350 degrees until golden.

Top with:

Parmesan cheese and
Homemade croutons.

Baked Salmon

Make mixture of equal parts mayonnaise and teriyaki sauce.
Mix in some onion soup mix and spread mixture over salmon.
Roll in bread crumbs
Bake at 350 degrees for 20 minutes or until fish flakes easily with fork.

Baked Ziti

Sauté onions and garlic in olive oil.
Add oregano, diced tomato and mushrooms (optional).
Add mozzarella cheese and stir until melted.
Add cooked penne pasta to the pot and stir until it's evenly coated.

Week Twenty-Seven

Sunday

Shabbos Leftovers

Week Twenty-Seven

Manday

BBQ Chicken Cutlets

Ingredients:

Chicken cutlets
Bottle of barbecue sauce
Seasoned breadcrumbs

Method:

Slather barbecue sauce over chicken cutlets, then dip into breadcrumbs. Spray with cooking spray and bake at 375 degrees for about 30 minutes.

Mashed Potatoes

Boil potatoes. Mash, add salt, pepper, onion soup mix, and oil (optional sautéed onions).

Roasted Vegetables

Ingredients:

2 zucchini
2 red peppers
2 tablespoons olive oil
Salt
Pepper
Basil
Thyme

Method:

Slice vegetables into small slices.
Coat with olive oil, salt, pepper, basil, and thyme. Bake for 20 minutes, mixing every few minutes.

Week Twenty-Seven

Tuesday

One Pot Meat/Pasta/Vegetable Stew

Ingredients:

1 pound chopped meat, chicken
or turkey
1 box pasta (preferably spirals/
ziti type)
Onion
Pepper
Carrots
Celery
Zucchini
Frozen vegetables
1 16-ounce can tomato sauce
Spices

Method:

Brown meat in a pot on the stove.
Add cut up onions and vegetables.
Add a can of tomato sauce and one of water. Add
basil, oregano, salt and pepper.
When it boils, add pasta and let it cook until
done.

Week Twenty-Seven

Wednesday

Pizza

Dough from moneysavingmom.com

Ingredients:

2 cups warm water
(105 to 115 degrees.)
2 tablespoons active dry yeast
2 teaspoons sugar
2 teaspoons salt
4 tablespoons oil (vegetable,
canola, or olive oil)
5 cups flour (can use all whole-
wheat, half white/half whole-
wheat, or all white)

Method:

Pour the warm water into a bowl and sprinkle the yeast over it. Stir to dissolve.
Add the remaining ingredients and mix.
Turn out onto a floured surface and knead dough for two to five minutes until smooth and no longer sticky.
To freeze: Cut lump of dough in half and place each half in an air-tight freezer bag. Freeze for up to 4-6 weeks.
To bake: Place frozen dough in a greased bowl and thaw at room temperature for at least 3-4 hours. Roll out and shape onto a greased pizza pan.
Add pizza toppings of your choice. Bake at 500 degrees for about 10 minutes, until the crust looks crispy and lightly browned.
If you don't want to bother with freezing the dough, take the kneaded dough and roll out and shape onto a greased pizza pan. Add pizza toppings and bake as directed above.

Sliced Vegetables

Ingredients:

Any vegetables of your choice

Dill Dip:

Mix 3 frozen dill cubes into 4 tablespoons mayonnaise and add a little lemon juice.

Week Twenty-Seven

Thursday

Zucchini Soup

from cookkosher.com

Ingredients:

2 onions
3 cloves garlic, minced
6 large zucchini
2 sweet potatoes
1 potato
1 parsnip
2 teaspoons dried dill
2 teaspoons parsley
1 teaspoon salt
½ teaspoon pepper

Method:

Dice onions and sauté until golden.
Dice zucchini and add, cooking until soft.
Peel and dice the rest of the vegetables and add and cover with water. (*I make this in a 6-quart pot and it is basically full.*)
Add spices: salt, pepper, dill, parsley, basil (optional), and onion soup mix (optional) and bring to a boil. Turn down flame and let cook at least 2 hours.
Blend the soup until the vegetables are well puréed.

Spinach Panini

Ingredients:

2 wraps per person
Frozen spinach, thawed and drained
Red onion
Basil
Salt
Garlic powder
Mozzarella cheese

Method:

Preheat oven to 400 degrees.
Cover one wrap with spinach. Add slices of red onion and sprinkle mozzarella cheese, salt, garlic powder and basil on top.
Cover with the second wrap and bake for 4 minutes.

Week Twenty-Eight

Sunday

Franks And Hamburgers

French Fries

Fresh Salad

(Substitution: Baguettes with Deli inside)

Week Twenty-Eight

Manday

Chicken Lo-Mein

Stir-fry vegetables of your choice. Then add chicken strips. Cook spaghetti separately.

Sauce:

- ¼ cup water
- ⅓ cup soy sauce
- ⅓ cup corn syrup
- 2 tablespoons corn starch

Mix it all together.

Spanish Rice

Sauté onion with rice (*careful not to burn the rice!*)

Add 1 can tomato sauce and water with spices. Cook the same way you usually cook rice.

Week Twenty-Eight

Tuesday

Sesame Chicken

Cut chicken into pieces.

Put flour in bag.

Place chicken in bag and shake until coated.

Arrange in 9x13 tray.

Sauce:

5 tablespoons ketchup

1 tablespoon mustard

2 tablespoons vinegar

2 tablespoons oil

1 cup brown sugar

Pour sauce over the whole thing.

Baked covered for half an hour, then uncover and bake for another half hour.

String Beans

Fresh Salad

Week Twenty-Eight

Wednesday

Baked Onion Chicken

Ingredients:

3 tablespoons oil
¾ pound chicken cutlets (cut into strips)
1 large onion
1 large red pepper (cut into thin strips)
2 carrots
Any other veggies

Sauce:

3 tablespoons soy sauce
1 tablespoon vinegar
1 clove garlic
2 teaspoons sugar
4 teaspoons corn starch
⅔ cup water
Salt and pepper to taste

Method:

Heat oil in large frying pan over high heat.
Add chicken and sauté until white. Remove from frying pan.
Add onion, and sauté until soft. Add pepper and cook 2 minutes.
Add carrots and sugar snap peas and all other veggies.
Combine sauce in a bowl.
Return chicken to pan, and then add sauce. Cook for 4–5 minutes until sauce thickens.

Serve with rice and fresh green salad.

Week Twenty-Eight

Thursday

Mushroom Cheese Quiche

Ingredients:

1 9-inch frozen pie shell
1 onion
1 8-ounce can mushrooms
4 eggs
¼ cup milk
Salt and pepper
8 slices American cheese
Grated Parmesan cheese

Method:

Bake pie shell for 10 minutes on 350 degrees.
Sauté onion and mushrooms.
Pour into baked pie shell. Combine rest of ingredients in pot (except Parmesan cheese) and cook until cheese is melted.
Pour over the onions and mushrooms in the pie shell.
Sprinkle Parmesan cheese on top.
Bake 35–40 minutes.

Serve with fresh green salad.



Week Twenty-Nine

Sunday

Rubber Ducky

Barley Pilaf

Ingredients:

- 1 large sweet onion, diced
- 2 tablespoons oil
- 1 large portobello mushroom, diced
- 1 cup pearl barley
- About 3½ cups water (exact amount will vary with how high your simmer is)
- 1 teaspoon kosher salt (if you use regular salt, reduce amount to about ¾ teaspoon)

Method:

Sauté onion in oil over low heat in heavy 3-quart pot until golden.

Add diced mushroom. Cook for an additional 2 minutes. Add barley. Add water and salt.

Bring to a boil, and then simmer on low heat until water is absorbed, about 30 minutes.

Serve with a scoop of cottage cheese.

Fleishig version: Make the dish fleishig by subbing chicken broth for the water, reduce or leave out the salt, and serve with plain chicken instead of cottage cheese.

Serve with steamed or boiled zucchini and a lettuce and tomato salad.

Serves 4.



Week Twenty-Nine

Manday

Rubber Ducky

Pasta with Eggplant-Portobello Tomato Sauce

Ingredients:

2 small eggplants
2 large portobello mushrooms,
cut into 1½ inches x ¼ inch
pieces
4 tablespoons oil
12 to 16 ounces whole wheat
spaghetti (1 box Barilla whole
grain thin spaghetti)
2 15-ounce cans Hunt's tomato
sauce
Mozzarella cheese
Parmesan cheese

Method:

Boil up a large pot of water for spaghetti. Add spaghetti and let boil for 7 minutes, stirring occasionally. Drain. Top with sauce below.

While the water for spaghetti is heating up:
Cut up eggplant (skin on) and portobello.

Right after you add the spaghetti to the boiling water, in a separate pan or wok:
Put oil in pan or wok on high heat. When hot, add eggplant. Stir until tender—about 3 minutes. Add portobello. Keep stirring another minute. Lower heat and add tomato sauce. Add a generous pinch of Italian seasoning. Simmer for 3–5 minutes.

It's all ready at about the same time. You can either plate individual servings or serve pasta, sauce, and veggie in serving bowls along with shredded mozzarella and grated Parmesan.

Serves about 6. *Divides in half easily—I usually make a half recipe.*

Serve with steamed zucchini or green beans.

Variations: Onion and chickpeas instead of eggplant and portobellos.

Sometimes I sub tri-color rotini for the whole-wheat spaghetti.



Week Twenty-Nine

Tuesday

Rubber Ducky

Lentil Soup

Ingredients:

1 large, sweet onion sliced
Oil to cover bottom of pot
(about 3 tablespoons)
 $\frac{3}{4}$ cup lentils
 $\frac{1}{2}$ rutabaga, peeled and diced
into small cubes ($\frac{1}{4}$ or $\frac{1}{3}$
inch)
1 15-ounce can Hunt's Tomato
Sauce
6–8 cups water
 $\frac{1}{2}$ teaspoon Italian seasoning
2 large potatoes, peeled and
diced large
4 carrots, diced
1 portobello or 4 ounces cremini
mushrooms, diced
1 15-ounce can whole kernel
corn

Method:

Sauté onions in oil in a heavy pot on low heat for at least 5 minutes, stirring occasionally.
Add lentils, tomato sauce, water, and diced rutabaga. Bring to a boil. Simmer, covered, for 1 hour.
Add potatoes, carrots, and mushrooms.
Add more water if necessary. Simmer for an additional 30–60 minutes. Add corn 5 minutes before serving.

Makes about 6 main-dish dinner servings.

Garlic Toast

Ingredients:

1 baguette
Garlic powder
Margarine (or butter). (*I use
Earth Balance margarine.*)

Method:

Cut baguette into quarters and then slice each quarter in two halves, lengthwise. Spread with margarine. Sprinkle garlic powder on top. Broil until the top browns.

Serve with green salad.



Week Twenty-Nine

Wednesday

Rubber Ducky

Stir-Fried Chicken with Veggies

Ingredients:

8 ounces boneless chicken breast, sliced thin
4 tablespoons oil—use an oil with a high smoke point, like canola or peanut oil
3 heads baby bok choy, cut into large pieces
½ red bell pepper, sliced into strips
1 bunch green onions, cut into bite-sized pieces
Cloves from 1 head garlic, minced
1 tablespoon ginger, minced
1 tablespoon soy sauce
1 teaspoon mirin (sweet Japanese rice wine)
1 teaspoon toasted sesame oil
2 tablespoons corn starch
1 cup water or broth

Method:

Turn on your exhaust fan before starting—this recipe can smoke up your kitchen!

Combine soy sauce, mirin, and sesame oil in a small bowl. Set aside.

In another bowl, combine cornstarch with a few tablespoons of water. Set aside.

Bring the broth or water to a boil in a small pot. Turn off heat.

Heat a wok until smoking hot—highest heat.

Add 2 tablespoons oil. Heat until the oil smokes.

Add half the garlic and ginger, and stir-fry for 10 seconds.

Add the sliced chicken and stir-fry until just cooked through, about 2 minutes. Do not overcook!

Transfer the chicken to a bowl. *Be careful, the oil is hot!*

Put the wok back on high heat; heat until smoking.

Add the other 2 tablespoons oil. Heat until the oil smokes.

Add the rest of the ginger and garlic, and stir-fry for 10 seconds.

Add the baby bok choy, red-pepper strips, and green onions. Stir-fry for 3 minutes.

Add the soy-mirin-sesame mixture to the wok. Add the hot broth. Add the chicken and stir-fry for another 30 seconds.

Add the cornstarch-in-water. Mix well.

Serves 3. The recipe can be increased slightly but does not double well unless you have a Chinese restaurant-strength wok burner on your stove.

Serve with brown jasmine rice.



Week Twenty-Nine

Thursday

Rubber Ducky

Macaroni with Cheese Sauce

Ingredients:

Macaroni: About 2 ounces uncooked elbow macaroni per serving.

Cheese sauce:

3 tablespoons flour
3 tablespoons toasted wheat germ
½ teaspoon paprika
1¼ cups milk
8 ounces sharp cheddar cheese, cut into small pieces, or use shredded cheese

Method:

Macaroni: Cook elbow macaroni according to package directions.

Cheese Sauce: In a heavy pot, combine all sauce ingredients except ¼ cup milk. Heat slowly while stirring. It should thicken slightly when it comes to a boil. Add reserved milk (about ¼ cup or as needed) to thin a bit. Serve over elbow macaroni.

Makes 3 or 4 servings, and can be doubled.

Serve with cooked Eden Frozen Mixed Vegetables.

Week Thirty

Sunday

Split Pea Soup

Pour 8 ounces of split peas into a pot of boiling water. Add a peeled onion and some baby carrots. Add salt and spices to taste. Cook for a long time. *(The longer it is cooked, the better it tastes. I often cook this in my crock pot so I can put it up and forget about it.)*

French Toast

Ingredients:

Leftover challah or whole wheat bread

Method:

Mix together eggs, milk, sugar & cinnamon.

Dip the bread into the mixture and fry in oil on both sides.

Serve with syrup.

Week Thirty

Manday

Rolls with Sloppy Joe

Sauté onion and green pepper in a deep frying pan. Once soft, add chopped meat (or turkey or veal) and as it's frying, use your spatula to break the meat into small pieces. After meat is browned, add a can of Manwich Sloppy Joe sauce and simmer for a while until ready. Serve on hamburger buns.

Week Thirty

Tuesday

Cranberry Chicken Cutlets

from familyfun.com

Ingredients:

1 tablespoon cooking oil
4 boneless, skinless chicken breast fillets (see note)
1 cup Craisins®
½ cup apple juice
½ cup chicken stock
¼ cup all-purpose flour
½ teaspoon coarse salt
½ teaspoon coarse-ground black pepper
1 tablespoon Dijon mustard

Method:

Combine Craisins®, apple juice and chicken stock in a small bowl. Set aside.

In a gallon-sized plastic bag with zip top, mix flour, salt and pepper. Toss chicken breasts into bag and shake well until each breast is coated evenly with flour.

Heat oil in a medium skillet over medium-high heat. Once oil is hot, add chicken and cook for 5 minutes on each side. Remove chicken to a plate and keep warm.

Pour soaked Craisins® with juice and stock into the hot pan, reduce heat to low and scrape up any browned bits on the bottom of the pan. Stir in mustard and add chicken back into pan.

Cook for another 8–10 minutes or until chicken is no longer pink and sauce has thickened. Serve chicken with sauce atop.

Note: Breast fillets are simply chicken breasts that have been cut horizontally to be thinner and cook quicker.

Rice

I follow the microwave directions for the rice on the back of the bag of rice and just add onion soup mix.

Week Thirty

Wednesday

Lasagna

Mix a 500-gram container of cottage cheese with an egg.

In a 9x13 pan spread some Shoprite Marinara Sauce, then cover with lasagna noodles (I use the ones you can bake without boiling first).

Then layer:

Marinara sauce, then cottage cheese, then shredded cheese, then lasagna noodles.

Then again marinara sauce, then cottage cheese, then shredded cheese, then lasagna noodles. Continue layering until the cottage cheese runs out. Then finish that layer with the pasta and sprinkle shredded cheese on top.

Pour in some water or milk or both. Cover very tightly and bake for about 1–2 hours at 350 degrees until the pasta is very soft.

Week Thirty

Thursday

Chicken & Rice

Put rice and water in a 9x13 pan (ratio of 1:2 = rice:water)

Put chicken bottoms on top of the rice and water. Sprinkle liberally with onion soup mix. Cover and bake for about 2 hours (checking every so often that the water has not evaporated. If it has, just add more water).

Week Thirty-One

Sunday

Mushroom Soup

Dice three large onions and sauté them in oil.

Add diced fresh mushrooms and sauté for a bit. Add 2 tablespoons corn starch dissolved in water. Add water and mushroom soup mix, salt and pepper. Cook until soft.

With an immersion blender blend a bit so it thickens but doesn't become smooth.

Eggplant Parmesan

Bread sliced eggplants in flour, egg and bread crumbs mixed with spices.

Spray with spray oil and bake until crispy.

Sauté squash, carrots, peppers, mushrooms and onions with spices until soft.

Layering:

Layer first a slice of eggplant. Top with the sautéed vegetables, add your favorite sauce and top with mozzarella cheese. Place another slice of eggplant on top, then pour more sauce and cheese over that.

Cover and bake for 40 minutes.

Serve with mashed potatoes.

Week Thirty-One

Manday

Split-Pea Soup

Sauté onions and carrots. Add water and green and yellow split peas. Add chicken soup powder, salt, pepper, garlic powder and a drop of sugar. Cook until soft. Blend until smooth.

Sweet Chicken Cutlets

Sauté onions and bell peppers in three colors until they're soft. Add ½ cup duck sauce and ½ cup ketchup. Mix and bring to a boil.

Place raw chicken cutlets in a baking pan. Pour the sauce and vegetables over it. Cover and bake for 40 minutes at 350 degrees.

Rice

In a baking pan place

- 2 cups rice
- 4 cups water
- 4 tablespoons onion soup mix
- 4 tablespoons soy sauce
- 4 tablespoons oil
- Salt

Optional: add mushrooms.

Bake, covered, for about 45 minutes on 350 degrees.

Week Thirty-One

Tuesday

Bean Soup

Ingredients:

Carrots
Celery
Garlic
Navy beans

Method:

Place all ingredients in pot, fill with water, chicken soup mix, salt, pepper.

Cook until soft.

In a separate pot heat a bit of oil. Add flour, mix for a minute.

Pour into the soup. This will thicken it and add great flavor.

Fried Minced Cutlets

Ingredients:

1 pack dark ground chicken
3 eggs
1 cup breadcrumbs
¾ cup water
¼ cup oil
Spices

Method:

Mix all ingredients together. Heat oil in a frying pan. Drop spoonfuls of batter into pan and fry into patties until crispy.

Roasted Potatoes

Cut Yukon gold potatoes in half lengthwise. Mix oil, salt, pepper, sugar, and paprika together in a big plate. Dip potatoes fully in the mixture. Place in pan. Pour the rest of the oil over the potatoes. Make sure there is a nice amount of oil. Sprinkle a bit more salt and paprika powder over the potatoes. Bake covered for 1 hour on 350 degrees. Then uncover and bake on 450 until crispy.

Almond Green Beans

Bake some sliced almonds in the oven for a few minutes until toasted.

Sauté onions and garlic. Add in a pack of sugar snap peas and a pack of green beans. Then add the sliced almonds. Add soy sauce and spices. Cook until slightly soft.

Week Thirty-One

Wednesday

Green Salad with Creamy Dressing

Use as many chicken breasts as you need. Mix flour with salt, garlic powder and paprika. Dip cutlets in flour mixture and put into 9x13 pan with cut-up onions, peppers, and mushrooms. Mix equal amounts of oil, soy sauce, and brown sugar (e.g., ¼ cup each). Pour over chicken and bake at 375 degrees Fahrenheit, covered. Stir after ½ hour. Cover and bake for another half hour.

Mashed Potatoes

Ingredients:

Potatoes
Onions
Oil, to taste
Salt, to taste

Method:

Boil potatoes till they can be pierced easily with a fork – maybe 20-30 minutes, depending on the size of potatoes.
Sauté onions in lots of oil, till golden brown.
Drain potatoes, leaving some water, and mash them (with a fork, or fancy potato masher if you got one as a wedding gift). Add onions and oil.
Add salt.
Mix and taste to see if it needs more oil or salt.

Baked Onion Chicken

Ingredients:

1 chicken, cut into eighths
¼ cup oil
3 tablespoons onion soup mix
1 tablespoon paprika
sliced onions (*recipe calls for 3, but that's too much. Use as many as you want – they come out really soft and yummy.*)

Method:

Place sliced onions in 9x13 pan. Put chicken pieces on top and place more onions on top of the chicken. Mix together the sauce ingredients and pour it over everything. Bake at 350 degrees Fahrenheit, covered, for a while (1½ hours plus) and then uncover for a few minutes.

Week Thirty-One

Thursday

Chicken Soup with Potatoes or Pasta

Sauté onions. Add cubed chicken cutlets and sauté for a few mins. Add water and spices.

Add either a box of pasta or cubed potatoes. Cook till soft.

Portobello Mushrooms

Sauté sliced mushrooms in olive oil. Add fresh garlic. Add soy sauce, lemon juice and some pepper. Cook for about 15 minutes.

Flat Pretzel Salad

Ingredients:

Angel hair pasta, cooked
Lettuce
Cucumbers
Avocado
Crushed flat pretzels

Dressing:

¼ cup water
¼ cup oil
2 teaspoons soy sauce
2 tablespoons white vinegar
2 teaspoons mustard
¼ cup sugar
1 teaspoon garlic

Week Thirty-Two

Sunday

Spicy Scrambled Eggs

Ingredients:

One dozen eggs (more or less depending on family size)

Salt

Pepper

Garlic Powder

Onion Powder

Oil for frying (I use canola)

Method:

1. Check each egg into a small glass bowl, and pour into larger bowl.
2. Heat frying pan.
3. Sprinkle on spices, using surface area as your guide for amounts.
4. Lightly beat your eggs using a fork.
5. Drop your fork in the sink (never use a fork to stir cooking scrambled eggs—impossible to wash!)
6. Add oil to pan.
7. Pour in egg mixture, and periodically stir with spoon until cooked to taste (*I like somewhat moist, others like very dry.*)
8. Immediately transfer to plate, and wash frying pan ASAP.

Practically Pitas

Ingredients:

One box frozen falafel balls

Pitas (optional)

Chummus (optional)

Techina (optional)

Pickles (optional)

Cut up cucumbers, peppers, tomatoes (optional)

Method:

1. Turn on oven to 400.
2. Pour falafel balls onto baking sheet and slide into oven.
3. Bake for 20 minutes, or until you can't wait anymore.
4. Serve with your choice of sides. (My kids love falafel balls on a fork.)

Pasta a la Ketchup

Ingredients:

Pasta (penne is a favorite)

Ketchup (*we use with no high fructose corn syrup*)

Method:

1. Prepare pasta according to package directions. *The stove timer was made for this purpose!*
2. Serve with ketchup.
3. Do not get bent out of shape when kids use their hands for dipping. Just join them.

Week Thirty-Two

Manday

Full Meal Chicken Soup

Ingredients:

2 chicken breasts (bone and skin on)
Potatoes
Carrots (*I use baby peeled*)
Onion
Dill
Salt
Sweet potato (optional)
Celery (optional)
Parsnip (optional)

Method:

Cheating method: Leftover Shabbos soup, add some vegetables.

1. Fill soup pot with water and bring to boil.
2. Add chicken and lower heat
3. Peel and halve potatoes and add to soup.
4. Open bag of baby carrots and add to soup.
5. Peel onion and add (whole) to soup.
6. Optionally peel parsnip and sweet potato, loosely dice, and add to pot.
7. Wash and check celery, remove ends, loosely chop and add to pot.
8. Add dill, cover pot and let cook for minimum 1 hour.
9. Remove chicken from pot, discard bone and skin, and add back to soup.
10. Serve each bowl with lots of veggies and chunks of chicken!

Week Thirty-Two

Tuesday

Pasta a la Mode

Ingredients:

1 box pasta: your choice of Angel hair pasta (*we use whole wheat the thin pasta doesn't have the gritty whole wheat texture*)
Rotini (*this is easy for small children to eat and holds the sauce well*)

Method:

Prepare pasta according to package instructions, set aside.

Italian Pasta Sauce

Ingredients:

1 package ground beef (defrosted)
2 large cans Hunts tomato sauce
Oregano

Method:

1. Brown ground beef. (If you forgot to defrost the meat, you can optionally skip this step.)
2. Add tomato sauce and heat on medium. (If your meat was frozen, stir periodically until all meat is in chunks.)
3. Generously sprinkle with oregano.
4. Cover, turn heat to low, and cook 10+ minutes until it starts to boil (rings appear on top of sauce).

Note: To reheat this sauce, mix in pasta or some water. Otherwise it just thickens and gets yucky..

English Cucumber

1. Remove plastic from cucumber.
2. Rinse, optionally with vegetable wash.
3. Slice cucumber in half lengthwise, then into moon-shaped slices.

Week Thirty-Two

Wednesday

Crockpot Chicken & Rice

Ingredients:

Whole chicken
3 cups brown rice
Salt
Pepper
Garlic powder
Onion powder
Parsley

Method:

1. Line crockpot with cooking bag (optional but much easier).
2. Measure in brown rice (check for bugs as you pour).
3. Add water according to package directions.
4. Remove large pieces of fat from chicken (there's usually only one).
5. Place chicken on top of rice.
6. Add spices liberally on top of chicken and rice.
7. Cook on low for 6+ hours, or high for 3-4.

Baked Sweet Potato

Ingredients:

Sweet potato(es)

Method:

1. Turn on oven to 400°.
2. Put sweet potato on piece of aluminum foil.
3. Poke a few times with a fork (optional).
4. Put in oven.
5. Bake for 40 minutes or until juice begins running from sweet potato and it is soft when poked with the fork.

Week Thirty-Two

Thursday

Spaghetti & Tuna Sauce

Ingredients:

Spaghetti or angel hair pasta
2 cans tuna
2 tablespoon margarine or oil
Crushed garlic or garlic powder
Water (about 2 cups)
Salt
Pepper
Thyme
Wondra flour or corn starch

Method:

1. Prepare pasta according to package directions, set aside
2. In medium pot, add margarine/oil
3. Heat pot to medium-low
4. Put in garlic, stir quickly so it won't burn and remove from heat
5. Add 2 tablespoon flour/corn starch, and return to flame, stir until dissolved
6. Add about 2 cups water, raise heat to medium-high
7. Add spices (salt and pepper to taste, thyme generously)
8. Add cans of tuna (no need to drain) and break into chunks
9. Cover and let simmer until ready to serve (should thicken a bit; can add more flour/starch if desired)
10. Serve hot over pasta.

Chickpea Salad

Ingredients:

1 can chickpeas
Olive oil
Salt
White pepper
Parsley (optional)

Method:

1. Drain chickpeas and pour into bowl.
2. Drizzle lightly with olive oil.
3. Add salt and white pepper to taste.
4. Optionally add parsley (the other spices are invisible).
5. Serve at room temperature.

Week Thirty-Three

Sunday

Tacos

Ingredients:

Onions
Peppers
Variety of canned beans (pinto, red, pink, black, white etc...), corn, peas
Rice
Tomato sauce
Spices
Taco shells
Shredded cheese
Tomato
Cucumber
Lettuce
Avocado

Method:

Sauté cut up onions, colored peppers, then add canned beans—use any combinations of canned kidney beans, black beans, white beans, pink beans etc. You can also add canned or frozen corn and peas. Add tomato sauce. You can add a packet of taco seasoning or your own spices like chili powder, garlic, onion, pepper, paprika, cumin, and/or curry. Simmer until everything is soft and flavors have meshed, about a half hour. You can also add leftover cooked rice or baked beans to the mixture.

If your kids are picky like mine, I only use a combination of canned beans and no other veggies.

I serve the taco filling hot. Everyone spoons it into the taco and adds shredded cheese on top and fresh veggies like tomato, cucumber, avocado and lettuce if they want.

If it cools off and the cheese won't melt then you can microwave it with the cheese on top and stick it in the tacos.

Sometimes we toast the tacos.

Kids really enjoy it and it's really a complete supper.

Week Thirty-Three

Manday

Chicken and Veggies on Skewers with Rice

Ingredients:

Peppers
Onions
Tomato
Boneless chicken
Marinade—teriyaki or Italian or
your favorite

Method:

Marinate chunks of different colored peppers, onions (white and purple) and tomatoes and chunks of boneless chicken in teriyaki sauce or an Italian marinade. Leave overnight if you can or at least a few hours. Thread all of this onto skewers alternating different veggies and chicken. You can grill skewers on barbecue or bake in the oven, turning a few times during cooking.

Serve over rice.

Again, you have your veggies, protein and starch all in 1 shot.

Week Thirty-Three

Tuesday

Roasted Veggies in Wraps

Ingredients:

Zucchini
Eggplant
Peppers
Onions
Spices
Shredded cheese
Wraps

Method:

Cut up strips of zucchini, different colored onions, eggplant and different colored peppers. Spice heavily with Italian types of spices (oregano, basil, rosemary, thyme) and black pepper, garlic, onion. Mix with olive oil (or regular oil). Toss well. Bake on 400-ish for 45 min–2 hrs, checking every so often and mixing it around.

Then take the hot veggies and place them on a wrap, sprinkle with grated cheese and roll up.

Week Thirty-Three

Wednesday

Sloppy Joes

Ingredients:

Ground beef
Veggies
Can of sloppy joes sauce
Buns or rice or noodles

Method:

Brown ground beef. You can add veggies such as onions, peppers, carrots, peas, or corn. Drain, add a can of sloppy joe mix, heat through. Serve on buns or over rice or noodles.

Crockpot Mushroom Barley Soup

Ingredients:

1 2-pound package of choleat meat
onions
carrots
2 cans of mushrooms
spices
½ package of barley (around 1 cup)
hot dogs

Method:

Put in the crockpot cut up carrots and onions (or use frozen peas and carrots), barley, mushrooms, and meat. You can add sliced hot dogs for kids. Add mushroom soup mix or spices like garlic, pepper, onion, salt. Fill to top of crockpot with water. Cook all day on low or half a day on high. Then take out meat, remove the bone if there is one, and chop into small pieces. Remove the fat and return to soup.

Week Thirty-Three

Thursday

Shwarma or Falafel in Pita

Buy marinated raw shwarma and sauté in pan; or warm falafel balls in oven.

Remove shwarma from pan and sauté onions in same pan for the flavor.

Make Israeli salad—chop up pickles, black olives, tomatoes, cucumber, and peppers.

Season with lemon/pepper seasoning and olive oil.

Chummus

Ingredients:

Can of chickpeas
Cumin
Curry
Garlic
Onion
Paprika
Lemon juice
Olive oil
Water

Method:

Puree in food processor or with hand blender until desired consistency.

Suggestion: Also bake some fries.

Serve it all in a pita!

Week Thirty-Four

Sunday

Breaded Baked Chicken Cutlets

Ingredients:

1 pound chicken cutlets
Honey
Mayonnaise
Mustard
Corn flake crumbs

Method:

Combine equal amounts of honey, mayonnaise and mustard (about ½ cup each). Dip cutlets in sauce and then corn flake crumbs. Place on greased cookie sheet. Spray top of cutlets with cooking spray so they become crispy. Bake at 350° uncovered for 25 minutes.

Week Thirty-Four

Manday

Spinach Lasagna

Ingredients:

16-ounce oven-ready lasagna noodles
24-ounce jar marinara sauce
3 cups cottage cheese
2 cups shredded mozzarella cheese
1 egg
16 ounces frozen, chopped spinach (thawed and drained)
Salt
Pepper
Garlic powder
1 cup water

Method:

Mix cottage cheese, 1 cup mozzarella cheese, egg, spinach and spices.

Set aside.

In 9x13 pan, layer as follows:

Marinara sauce to cover
Lasagna noodles
½ cheese and spinach mixture
1 cup marinara sauce
Lasagna noodles
½ cheese and spinach mixture
1 cup marinara sauce
Lasagna noodles
½ cup marinara sauce
1 cup mozzarella cheese

Pour water around edges of pan. Bake covered at 325 degrees for 1 hours and 15 minutes.

Allow to stand for 25 minutes before serving.

Nish Nosh® Salad

Ingredients:

Romaine lettuce
1 bag purple cabbage
1 box grape tomatoes, halved
1 red onion, sliced thin or sliced scallion
Sour cream and onion Nish Nosh® crackers

Dressing:

½ cup oil
4 tablespoons sugar
3 tablespoons mayonnaise
1 teaspoon soy sauce
1 teaspoon mustard
2 frozen garlic cubes
1 teaspoon salt
½ teaspoon pepper
2 tablespoons water

Method:

Mix salad ingredients. Mix dressing ingredients. Pour dressing over salad immediately prior to serving. Add Nish Nosh® crackers on top.

Week Thirty-Four

Tuesday

Cornflake Chicken with Sauce

Ingredients:

Chicken—top or bottom
Mayonnaise
Salt
Pepper
Garlic powder
Paprika
Corn-flake crumbs

Method:

Remove the skin of the chicken or leave on if desired. Mix mayonnaise and spices and baste the chicken. Place in pan and sprinkle corn flake crumbs over chicken pieces. Bake covered for 1 hour. Mix sauce ingredients and pour over chicken. Bake uncovered until golden and done.

Sauce:

1 cup duck sauce
½ cup honey
1 tablespoon soy sauce
1 tablespoon mustard
Sesame seeds

Serve with green salad and boxed rice pilaf.

Week Thirty-Four

Wednesday

One Pot Beef and Macaroni

Ingredients:

1 pound chopped meat
1 onion, diced
1 green pepper, diced
2 stalks celery diced, optional
1 cup macaroni
8 ounces tomato sauce
½ cup ketchup
2 cup water
2 tablespoons sugar
Salt
Garlic Powder
Pepper

Method:

Sauté onion, pepper, and celery. Add meat and brown. Add all other ingredients and simmer for 45 minutes. Stir occasionally.

Zucchini Rounds

2-3 zucchinis with peel on, thinly sliced into rounds

Spray with olive oil cooking spray, and sprinkle with salt and bake at 350°.

Week Thirty-Four

Thursday

Grilled Chicken with Linguini Salad

Ingredients:

¼ cup soy sauce
½ cup teriyaki sauce
2 cubes frozen garlic
⅓ cup dark brown sugar
4–5 boneless chicken breasts
1 teaspoon sesame oil

Method:

In a small bowl, mix the soy sauce, teriyaki sauce, garlic, and brown sugar. Add chicken, tossing to coat. Cover and refrigerate for 2–3 hours. Remove the chicken from marinade and discard the marinade.

Heat sesame oil in a skillet. Add chicken and sauté until done. Add drops of sesame oil as needed. Remove from the pan and let cool slightly.

Slice chicken diagonally into thin strips. Serve over sesame noodles.

Linguini Salad

Ingredients:

1 box linguini
½ cup dark soy sauce
½ cup toasted sesame oil
⅓ cup sugar
3 scallions, thinly sliced
¼ cup sesame seeds

Method:

Cook the linguini according to directions on the box. Drain. Shake together the soy sauce, sesame oil, and sugar. Pour over the pasta. Toss with scallions and sprinkle with sesame seeds.

This is a great salad served alone or with grilled chicken cut into strips on top.

Week Thirty-Five

Sunday

Baked Chicken and Potatoes

Ingredients:

- 4 pieces of chicken (or as many as you need)
- 4 baking potatoes (or as many as you need)
- ¼ cup Italian dressing (add ¼ cup for every 4 more pieces added to recipe)

Method:

Place chicken and potatoes in a 9x13 baking pan. Pour dressing over, cover and bake at 350 degrees for approximately 1 hour. You can take the cover off and bake for another 5-10 minutes, for it to brown a bit.

Week Thirty-Five

Manday

Homemade Spaghetti & Meatballs

Sauce

Ingredients:

1 large can crushed tomatoes
(29 ounces)
1 large can tomato purée
1 small can diced tomatoes
(about 15 ounces)
1 cup dry red wine
1 small can tomato paste
Seasonings (basil, oregano,
Italian seasoning...whatever
you like)
1 onion, medium size
Ground beef (or ground turkey,
etc.)—approximately 1 pound
1 tablespoon oil

Method:

Sauté the onion and ground beef in a pot in some oil. Then add the crushed tomatoes, tomato purée, diced tomatoes, and red wine. Mix together, and then add your seasonings. Let simmer for about an hour to two hours (stir occasionally). Add the tomato paste about 10 minutes before you want to eat it, and stir it well to make sure it doesn't burn.

Meatballs

Ingredients:

1-2 pound ground meat
Seasoning (garlic powder, onion
powder, black pepper, etc.)
1-2 eggs
Breadcrumbs or matzo meal

Method:

In a bowl, mix all ingredients together. (*I use 1 egg for every pound of meat.*) Add the breadcrumbs last. Add and mix a bit at a time so it won't become too dry. Make into balls and bake in oven for approximately 20 minutes at 350 degrees. Then add to sauce above.

Spaghetti

Ingredients:

Spaghetti

Method:

Prepare according to directions on package.

Week Thirty-Five

Tuesday

Meatloaf

Ingredients:

1 pound ground beef
1 egg
1 tablespoon onion soup mix
(dry)
Garlic powder
Onion powder
Ketchup (approximately ¼ cup)
Brown sugar (approximately ¼
cup)
Bread crumbs—to thicken meat

Method:

Mix meat along with the listed ingredients, adding the breadcrumbs last to thicken the meat. Then place in loaf pan. Cover and bake for approximately 45 minutes.

Stewed Zucchini with Tomatoes

Ingredients:

2 zucchinis
1 onion
Tomatoes (either 2 fresh, or 1
15-ounce can diced tomatoes)
Seasonings (Italian, garlic
powder)

Method:

Sauté onion and zucchinis until soft. Chop tomatoes and add to sauté, along with seasonings. Sauté until soft.

Week Thirty-Five

Wednesday

Light and Peachy Chicken

Ingredients:

Cut up chicken
Large can of sliced peaches

Method:

Place chicken in a 9x13 pan. Pour peaches and syrup on top. Cover and bake approximately 1 hour at 350 degrees.

Roasted Potatoes

Ingredients:

Red potatoes
Oil or margarine
Onion and garlic, optional

Method:

Quarter red potatoes (the number will depend on how many people you are feeding). Slice onion and garlic. Place potatoes, onion, and garlic in a baking pan. Pour oil or margarine over and put in oven at 375 degrees. Stir often until done (approximately 1½ hours).

Week Thirty-Five

Thursday

Sweet and Sour Meatballs with Rice

Ingredients:

2 pounds ground meat
1 15-ounce can tomato sauce
1 15-ounce can jellied cranberry sauce
1-2 eggs
Seasoning
Breadcrumbs

Method:

Directions for the Sauce:

Pour contents of both cans in a pot and let simmer together. The size of the can does not matter, but it is important that there are equal amounts tomato sauce and cranberry sauce.

Directions for the meatballs:

Mix meat, seasoning, and eggs together in a bowl. Add breadcrumbs to thicken. Form balls and place in pot with sauce. Let simmer approximately 1-2 hours, stirring once in a while. You can save remaining sauce (after meatballs are eaten) and freeze for another "go-around," or you can pour over chicken for a different meal. Either way it's delicious.

Directions for Rice

Prepare according to package directions.

Week Thirty-Six

Sunday

Tuna Casserole

Ingredients:

1 bag pasta (elbow, curly, whatever you like)

Sour cream (*In Israel, I use 3 containers; in America, I used 1 container—they are different sizes in each country*)

Tuna fish—2 small cans or ½ larger can (*again, depending on what country*)

Cheese (either shredded, sliced, cubed, whatever you have)

Cashews (optional)

Optional: Sautéed onions, garlic, zucchini, mushrooms, etc. to add in later.

Method:

Cook pasta according to directions. Drain, and mix together sour cream, tuna, cheese, and pasta together in same pot you cooked the pasta in. You can add seasoning (*I sometimes use onion soup mix, or garlic powder, onion powder, etc. I also sometimes drizzle some olive oil in it.*) Also, you can add sautéed veggies, or leave on the side.

Salad

Prepare according to your preference.

Week Thirty-Six

Manday

Orange Soup

Ingredients:

Carrots
Sweet potatoes
Butternut squash
Onion
1 tablespoon oil
2 tablespoons oatmeal
Chicken soup powder (pareve)

Method:

Peel veggies and quarter them. Sauté onion in oil, and add veggies. Fill pot with water and let simmer for an hour or 2. Add 2–4 tablespoons soup powder, depending on how much water is in your pot. Cook some more until all veggies are soft. Place an immersion hand blender in there to purée it all up. Add some oatmeal to thicken it. It will cook approximately 10 more minutes. Stir so it won't burn.

Quiche

Ingredients:

Onion
Mushrooms (optional)
7 eggs
Sour cream/g'vinah levanah
($\frac{3}{4}$ container of each)—if you don't have 1 of them, use more of the item you do have
Milk ($\frac{1}{3}$ – $\frac{1}{2}$ cup)
Cheese (sliced, cubed—whatever works)
Salmon spread/tuna spread or tuna (optional)

Method:

Mix eggs, onion (can sauté first—up to you), mushrooms (optional), sour cream/gevinah, milk, and cheese together in bowl. Add salmon spread or tuna. Pour into quiche pan (or any pan you use) and bake approximately 45 minutes, until golden brown.

Week Thirty-Six

Tuesday

Spaghetti and White Sauce

Ingredients:

Onion, zucchini, garlic,
mushrooms
1–2 tablespoons oil
2–3 tablespoons flour
Milk: about 4 cups or more
Sour cream (2 Israeli size or 1
American size)
Tuna fish (1–2 cans)

Method:

Sauté onion and garlic in oil (zucchini is optional), then add mushrooms. When they are soft, add flour and stir. Add milk (*I usually use 14 cups and if I have more room in my frying pan, I may add some more*), put on medium flame, and stir often so it won't burn. Sauce should thicken. Once thick, add tuna and sour cream. Turn off flame.

Serve over spaghetti or rice.

Week Thirty-Six

Wednesday

Tuna Burgers

Ingredients:

Sweet potato
Carrot
Potato
Onion and garlic (chopped)
2 cans tuna fish
2 teaspoon lemon juice
2 tablespoons mayonnaise
1 egg
Bread crumbs/spices

Method:

In a small pot, boil sweet potato, carrot, and potato until soft. Mash together with onions and garlic and add other ingredients. Form patties and bake on wax paper or foil at 350 degrees for approximately 20 minutes.

Mashed Potatoes

Peel and boil potatoes. Mix with some butter, milk, and sour cream.

Week Thirty-Six

Thursday

Blintz Loaf

Ingredients:

3 cottage cheese, Israeli
size (American—use 1½
containers)
1 teaspoon lemon juice
1 cup flour
1 teaspoon baking powder
½ cup sugar
½ cup oil
5 eggs
Optional: Chocolate chips or
raisins
Cinnamon

Method:

Mix all ingredients together and pour in 9x13
baking pan. Bake uncovered for approximately 1
hour at 350 degrees. Serve with maple syrup.

Grilled Cheese

Prepare as you like.

Week Thirty-Seven

Sunday

Leftover Shabbos Soup

Easy Turkey Cold Cut Wraps

with lettuce/tomato/avocado and a garlic-mayonnaise dressing

Week Thirty-Seven

Manday

Zucchini Soup

Chop 4 zucchinis, one onion, and 2 potatoes
Add salt, pepper, and onion soup mix to taste.
Bring to a boil and simmer for about 30 minutes.

Asian Chicken and Spaghetti

Ingredients:

1 box spaghetti (or whatever amount you usually make)
1 pound cutlets cut in strips
1 tablespoon olive oil
3 cloves minced garlic
½ cup soy sauce
3 tablespoons sugar
Pinch of ground ginger
Salt and pepper to taste

Method:

Boil spaghetti. Prepare chicken.
In a large skillet, on medium flame, heat oil and garlic. Add chicken. Cook for 1 minute. Add soy sauce, sugar, ginger, and salt and pepper. Coat chicken with sauce, and cover pan for 4 minutes. Stir occasionally.
Remove from flame and add spaghetti to chicken and sauce. Add more soy sauce if it's too dry.

Week Thirty-Seven

Tuesday

Pasta with Meat Sauce

Ingredients:

1 tablespoon oil
2 pounds chopped meat
3 cloves garlic
1 teaspoon salt
½ teaspoon pepper
1 teaspoon onion powder
1 28-ounce can crushed tomatoes
1½ cups marinara sauce
3 tablespoons ketchup
½ cup light brown sugar
3 bay leaves (*I never have those, so I don't use*)
5 cups water
1 pound spaghetti, raw

Method:

Heat oil in large pot. Add meat and brown in pot, with garlic, salt, pepper and onion powder, until the meat is cooked through, about 5–7 minutes. Break up any large chunks so meat resembles very small meatballs.

Add crushed tomatoes, marinara sauce, ketchup, sugar, bay leaves, and water to the pot. Add spaghetti and stir it into the mixture.

Lower the flame to medium-low and cook for about 20 minutes until pasta is cooked through. Stir often so spaghetti does not stick together.

Serve with leftover zucchini soup and chopped salad of cucumber, tomato, avocado, and an olive oil/salt/pepper dressing.

Week Thirty-Seven

Wednesday

Chicken Stir Fry with Brown Rice

Slice chicken cutlets into strips. Sauté until white. Remove from pan. Sauté onion and choice of veggies. Add chicken back in. Add in soy sauce, vinegar, sugar, salt and pepper to taste. Stir until heated through.

Serve with brown rice.

Week Thirty-Seven

Thursday

Greek Salad

from gourmetkoshercooking.com

Dressing:

6–7 tablespoons olive oil
2 tablespoons fresh lemon juice
1 teaspoon minced garlic
1 teaspoon dried oregano
Salt and pepper to taste, mixed together

Method:

Mix half the dressing with the romaine lettuce on the bottom of the bowl. Layer the remaining ingredients, one at a time, ending with the feta cheese on top. Drizzle remaining dressing over the salad and serve.

Salad:

3 heads Romaine lettuce,
washed and cut into bite sized pieces
½ red onion, sliced thin
5 Kirby or Persian cucumbers,
peeled and sliced
2 orange or yellow peppers,
sliced into sticks and then cut in half
1 pint grape tomatoes
1 can sliced black olives
(preferably kalamata)
1 cup feta cheese, drained and crumbled

Macaroni and Cheese

Cook pasta. After draining, add milk and one package shredded cheese. Heat over low flame with the pasta in the pot until melted.

Week Thirty-Eight

Sunday

Rolls/Crackers

Cold Cut Salad:

Ingredients:

1 bag lettuce
Handful halved cherry tomatoes
Favorite cold cuts cut in strips
or squares

Method:

Serve with sour pickles, coleslaw, and Shabbos
leftovers

Dressing:

1 cup mayonnaise
¼ cup sugar
¼ cup vinegar
¼ cup water
1 tablespoon mustard
1 clove garlic or garlic powder,
to taste
Salt and pepper to taste

Week Thirty-Eight

Manday

Creamed Squash Soup

Ingredients:

3 large zucchinis
2 pounds cubed butternut
squash
1 large diced onion
5 cloves garlic
Salt and pepper

Method:

Cook everything for 1½ hours, then blend until smooth.
Add cubed potato if you wish, and cook another 30 minutes.

Broiled Chicken

Season chicken liberally with fresh basil, garlic, and salt.
Broil upside down for 45 minutes. Turn and broil for another 15 minutes.

Roasted Red Potatoes

Toss potatoes with mayonnaise and onion soup mix
Bake at 400 degrees for 1 hour, toss midway through baking.

Week Thirty-Eight

Tuesday

Meatballs in Tomato Sauce

Ingredients:

1½ pounds ground meat of choice (*I mix dark & light chicken*)

¼ cup uncooked rice

2 cloves crushed garlic

Small grated onion

Salt and pepper

Method:

Form balls, drop into bubbling tomato sauce (3 cans tomato sauce:1 can water). Cook 2 hours. Then cook spaghetti and toss with tomato sauce.

Steamed Stir Fry Veggies

Sauté vegetables of your choice; add a dash of soy or duck sauce.

Week Thirty-Eight

Wednesday

Teriyaki Salmon

Ingredients:

Salmon fillets

Method:

Mix equal parts brown sugar, teriyaki sauce, and ketchup, and pour over salmon. Sprinkle with sesame seeds. Marinate for 2 hours. Bake at 400 degrees, uncovered, for 25 minutes.

Crunch Salad

Ingredients:

1 package coleslaw
11-ounce package romaine
lettuce
1 package snap peas, edges
snipped

Method:

Dress salad 30 minutes before serving.

Dressing:

½–¾ package fresh dill, stems
removed
½ cup mayonnaise
½ cup sugar (*I use less*)
¼ cup vinegar,
1 garlic clove, crushed
Salt
Pepper

Week Thirty-Eight

Thursday

Breaded Chicken Cutlets

Ingredients:

Dark chicken cutlets
Flour
Egg
Flavored bread or corn flake
crumbs

Method:

Triple coat with flour, egg and flavored bread or
cornflake crumbs. Fry or spread on cookie sheet.
Spray with cooking spray and bake uncovered
for 1 hour at 350°, turning over halfway.

Split Pea Soup

Ingredients:

1 bag yellow split peas
1 pound diced carrots
1 pound diced celery
2 large onions diced
½ head crushed garlic
6 quarts water

Method:

Sauté onion and veggies.
Add split peas and 6 quarts water.
Bring to a boil, then simmer for 4 hours.

Mashed Potatoes with Sautéed Onions

Week Thirty-Nine

Sunday

Pizza with Bread Machine Everything Dough

Good for pizza dough, rolls, bread, etc.

Ingredients for Dough:

4½ cups flour, sifted
1 teaspoon dried yeast
¼ cup sugar
1 teaspoon salt
¼ cup oil
1⅓ cups water

Method:

Add all ingredients to bread machine according to how your machine works. Set to dough cycle (or bread cycle for bread).

For 2 pizzas

1 batch dough
½ cup tomato purée mixed with
water and Italian seasoning
2–3 cups cheese

Method:

Divide dough in 2. Roll out fairly thin and press into pan. Spread with sauce and cheese. Add any toppings wanted. Bake at 350 degrees for approximately 20 minutes.

Serve with fresh green salad.

Week Thirty-Nine

Manday

One (Crock)Pot Chicken Supper

Ingredients:

1 chicken
2-3 onions
Potatoes, 1 per person
Carrots, ½ per person

Method:

Slice onions and quarter potatoes and put in bottom of crockpot. Spice generously with paprika and garlic (or Mrs. Dash Garlic & Herb®) Place chicken on top and peel and chop carrots and place around chicken. Add more spices on top. Cook on high for 4-6 hours or low for 6-8 hours.

Week Thirty-Nine

Tuesday

Chicken Fried Rice

Ingredients:

Leftover chicken
Rice
Mixed stir-fry vegetables
Egg (optional)
Soy sauce
Garlic powder
Cornstarch

Method:

Prepare sauce. Add 1 tablespoon cornstarch to cold water and stir to combine. Add to soy sauce. Flavor with garlic powder.

Heat frying pan to high. Add chicken, rice, and vegetables. If wanted, add raw egg and scramble with the rice. Add soy sauce mixture over top and stir to combine.

Week Thirty-Nine

Wednesday

Easy Pasta & Sauce (Milk or Meat Version)

Ingredients:

1 bag of pasta
1 jar pasta sauce
Cottage cheese, g'vina levana,
yellow cheese, or whatever
cheese you would use for a
ziti mix

Or

Ground meat

Method:

Put dry pasta in deep pan or casserole dish. Add cheese OR meat and mix well. Cover everything with sauce. If not enough sauce, water down and mix so all pasta is well covered.

Bake well-covered at 350 degrees for 1 hour. Check to make sure pasta is cooked through. Uncover to brown for 10 minutes if desired.

Serve with green salad.

Week Thirty-Nine

Thursday

Freezer Friendly Meatballs

Ingredients:

4.4 pounds ground beef
4 eggs
1-2 cups breadcrumbs or matzo meal
¼ cup soy sauce
¼ cup ketchup
Garlic powder
Onion powder

Method:

Mix all ingredients together and combine well.
Roll into meatballs about the size of golf balls.
Bake at 350 degrees for approximately 30 minutes. Can be flash frozen and bagged for an easy, go-to meal.

Week Forty

Sunday

Chicken Penne with Green Beans

Ingredients:

1½ pounds chicken cutlets, cut into strips
Olive oil
Minced garlic (garlic powder is acceptable as a substitute, if necessary)
Red pepper flakes
1 pound penne pasta
1 bag frozen green beans (the smaller, the better—string beans are harder to eat in this dish)

Method:

Prepare pasta, per instructions on box. Drain.

In a large wok, heat the olive oil and sauté the chicken until cooked on both sides. Add garlic and red pepper flakes, and mix it well. Add in the green beans and sauté for a few more minutes until the green beans are soft and edible.

Add the pasta to the wok and mix everything together. You may need to add a bit more olive oil to get the pasta completely coated with the seasonings.

Serves 6 ample portions or 8 smaller portions.

Week Forty

Manday

No-Rise Homemade Pizza

Ingredients:

Dough:

- 1 envelope (2¼ teaspoons) dry yeast
- 1 cup warm water
- 3 cups flour
- 1 teaspoon sugar
- 1 teaspoon salt
- 2 tablespoons oil

Favorite pizza sauce

- 8 ounces shredded mozzarella cheese
- Toppings you desire (frozen zucchini, frozen broccoli, mushrooms sliced, diced tomatoes, diced peppers, diced onions, sliced olives—all are tested and confirmed to work well)

Method:

Preheat oven to 425 degrees.

Put parchment paper on 2 pizza pans for easy clean up. Alternatively, dust them with corn meal and sprinkle oregano on them.

Make the dough by dissolving the yeast in the water, adding in the rest of the ingredients, and kneading it. Let sit for 5 minutes before shaping.

Separate the dough in half, and use each half to make one thin pizza to fit the pans. You can roll out the dough with a rolling pin, but spreading it with your hand may be easier. *(If you prefer a more filling, thicker bread-like crust, use the entire recipe for one thick pizza, and you'll need fewer slices per person).*

Once the dough is spread out on the pan, spread on the sauce, sprinkle with cheese, and add toppings as you desire.

Bake for 15 minutes.

Makes 16 small, thin slices. For a family of 8, double this recipe.

Week Forty

Tuesday

Grilled Hamburgers with Fries

Ingredients:

Burgers:

1½ pounds ground beef
Dash of Worcestershire sauce
(can sub barbecue sauce)
Dash of soy sauce (optional)
Chopped mushrooms (optional)
Garlic powder
Black pepper
Parsley flakes

8 hamburger buns
Romaine lettuce
1–2 Large tomatoes, sliced
1 Vidalia onion, sliced

Favorite brand of frozen french
fries

Method:

In a large bowl, mix the burger ingredients. Place in the fridge until pan is heated up. If you have a grill pan, heat that up. Otherwise, use a skillet that is greased. When hot, form the burgers about ¾ inch thick to cover your hand, place in pan, and press a finger to indent the top to prevent swelling. After about 6 minutes, flip them over and grill/fry the second side for another 6 minutes.

If you like your onion caramelized, add them to the same pan and sauté.

While the burgers are grilling, bake the frozen fries in the oven.

Burger buns are best warm, not toasted, so you may want to pop them in the heated oven for a couple minutes.

Slice the buns, and assemble with the veggies, burger, and any condiments you like. Put them on plates with the fries.

Makes 8 large burgers.

Week Forty

Wednesday

Salmon Burgers

Ingredients:

Burgers:

2 15-ounce cans of salmon
(skin and bones are fine)
2 eggs
Shake of garlic powder
Shake of black pepper
Shake of parsley flakes
Bread crumbs (around $\frac{3}{4}$ cup to
start with)—enough to hold
the mixture together.

Method:

Open and drain the salmon. Crush any bones and break apart any skin. Add the rest of the ingredients. Pan fry for a few minutes on each side until golden brown on both sides. You can deep fry in oil or use a non-stick skillet; the oil will make it crispier, and fattier.

Serves 8.

Macaroni and Cheese

Ingredients:

1 pound macaroni
8 ounces of cheddar cheese or
slices of American cheese

Method:

Prepare the macaroni, per instructions on the package.
Drain, put in a 9x13, mix in the cheese, cover and bake at 350 degrees for about 15 minutes until the cheese melts.

Week Forty

Thursday

Turmeric Chicken with Celery

from Levana Kirschenbaum's [The Whole Foods Kosher Kitchen](#)

Ingredients:

16 chicken legs or 16 thighs
or 8 full breasts (or a
combination), skin on
2 teaspoons turmeric
2 ribs of celery, sliced (if you
have time to peel them, even
better!)
3 cups water

Method:

In a large and heavy pot, put the chicken and
celery in, sprinkle on the turmeric, and add the
water all over it. Cover and bring to a boil. Then
let simmer on a low heat for 1 hour. Afterwards,
if it's still watery, uncover, and raise heat to high
to help the gravy thicken a bit.

Cumin Rice

Ingredients:

2 tablespoons olive oil
2 cups white rice
1 teaspoon salt (or to taste)
1 teaspoon cumin (or to taste)
Shake of garlic powder
4 cups boiling water

Method:

In a medium saucepan, heat the oil and add the
rice. Stir for a minute until some of the kernels
whiten. Add in the boiling water and seasoning
and mix it. When it's boiling, cover and turn the
heat to low so that it simmers. After 20 minutes,
turn off the flame, and let it sit for a few minutes
before serving.

Week Forty-One

Sunday

Leftovers

Empty the fridge from top to bottom. Dump everything into the oven, and then subsequently onto your kitchen table. *Come on, don't be shy!* Reach in deep for that chunky cholent, pull out that crusty kugel, and don't forget the liver and crackers!

Chicken Pot Pie

For the picky ones, remake the contents of your chicken soup pot into something new and enticing! Take the chicken you have left (*sometimes I intentionally throw in a cutlet or two before Shabbos, just for this purpose*), cube it as best as you can, and sauté with an onion, some chopped celery, and a diced carrot. Once the onions and celery are translucent, add water just to cover. Throw some chicken soup mix on top (or sometimes, when I am in a healthier mood, I just use chicken soup instead), and bring to a boil. Then add a bit of flour (mixed together first with some water so it doesn't clump), and keep on the heat until it becomes thick. Next, pour into a pastry pie crust (or a regular pan with pastry dough on the bottom) and cover with pastry dough. Prick holes and egg. Bake until golden, and serve.

Week Forty-One

Manday

Chicken, Rice, and Carrots

(My own invention, great as leftovers too!)

Ingredients:

Chicken Thighs (or 1 whole chicken)
2 carrots, sliced into rounds
2 cups of rice
3½ cups of water
Onion powder or onion soup mix
Paprika, salt, pepper, garlic powder, mixed into ¼ cup of oil

Method:

Pour rice onto bottom of a large roasting pan. Sprinkle with onion powder or soup mix. Place carrots on top, and chicken on top of that. Slather chicken with oily spice paste, add water to the sides of the pan, cover tightly, and bake for 1½–2½ hours (depending on size of chicken). Serve and eat.

Week Forty-One

Tuesday

Falafel and Pita

Falafel is from toriavey.com

Make falafel as directed below, (I freeze half of the raw balls for another supper). Chop up a simple cucumber and tomato salad. Serve falafel in a pita with techina, chummus, and salad. It is YUM!

Ingredients:

1 pound (about 2 cups) dry chickpeas/garbanzo beans
1 small onion, roughly chopped
¼ cup chopped fresh parsley
3–5 cloves garlic (*I prefer roasted*)
1½ tablespoon flour
1¾ teaspoon salt
2 teaspoons cumin
1 teaspoon ground coriander
¼ teaspoon black pepper
¼ teaspoon cayenne pepper
Pinch of ground cardamom
Vegetable oil for frying (*grapeseed, canola, and peanut oil work well*)

Method:

Pulse all ingredients together until a rough, coarse meal forms. Scrape the sides of the processor periodically and push the mixture down the sides. Process until the mixture is somewhere between the texture of couscous and a paste. You want the mixture to hold together, and a more paste-like consistency will help with that... but don't over process, you don't want it turning into hummus! Once the mixture reaches the desired consistency, pour it out into a bowl and use a fork to stir; this will make the texture more even throughout. Remove any large chickpea chunks that the processor missed. Cover the bowl with plastic wrap and refrigerate for 1–2 hours.

Note: Some people like to add baking soda to the mix to lighten up the texture inside of the falafel

balls. I don't usually add it, since the falafel is generally pretty fluffy on its own. If you would like to add it, dissolve 2 teaspoons of baking soda in 1 tablespoon of water and mix it into the falafel mixture after it has been refrigerated.

Fill a skillet with vegetable oil to a depth of 1½ inches. I prefer to use cooking oil with a high smoke point, like grapeseed. Heat the oil slowly over medium heat. Meanwhile, form falafel mixture into round balls or slider-shaped patties using wet hands or a falafel scoop. I usually use about 2 tablespoons of mixture per falafel. You can make them smaller or larger depending on your personal preference. The balls will stick together loosely at first, but will bind nicely once they begin to fry.

Note: if the balls won't hold together, place the mixture back in the processor again and continue processing to make it more paste-like. Keep in mind that the balls will be delicate at first; if you can get them into the hot oil, they will bind together and stick. If they still won't hold together, you can try adding 2–3 tablespoons of flour to the mixture. If they still won't hold, add 1–2 eggs to the mix. This should fix any issues you are having.

Week Forty-One

Wednesday

Honey-Glazed Salmon

Ingredients:

Filletted salmon steaks

Glaze:

1 tablespoon brown sugar

1 tablespoon honey

2 teaspoon margarine

(I substitute olive oil)

3 tablespoons Dijon mustard

(or 1½ tablespoon. sweet yellow mustard)

1 tablespoon soy sauce

1 teaspoon olive oil

Method:

Preheat oven to 475 degrees. Melt first three glaze ingredients together, in microwave or on stove-top. Remove from heat and mix in the rest. Place salmon on baking tray, brush glaze mixture onto salmon, and cook 10–12 minutes (longer if oven wasn't preheated, or if salmon is frozen) until it just barely flakes. Serve immediately.

Sesame Noodles

Ingredients:

1 bag cooked, drained egg noodles, still hot

½ cup Soy Sauce

½ cup oil

⅓ cups sugar

2–4 scallions, chopped

Sesame seeds

Method:

Mix liquids. Pour everything over hot noodles. Refrigerate overnight so that flavors meld. Reheat for supper the next night. *(Don't sneak too many by lunch!)*

Roasted Broccoli

Shake frozen broccoli bits around on a bag with some olive oil and salt. Pour onto a flat tray and roast at 400 degrees until edges brown.

Week Forty-One

Thursday

"Baked Ziti"

Ingredients:

Cooked Pasta
American cheese
Marinara Sauce

Method:

Fill a bowl with noodles, cover with a dollop of sauce, and place a slice of American cheese on top. Cover. Microwave for about 45 seconds. Remove and mix immediately. Serve individually to picky children who won't eat genuine Baked Ziti, but want to pretend they are not just having noodles and cheese. Now get busy cooking for Shabbos, and sleep well tonight, with no kvetches of "I don't like this supper!" ringing in your ears!

Week Forty-Two

Sunday

Cornflake Chicken

Ingredients:

Skinned chicken bottoms (legs & thighs)
Mayonnaise
Crushed cornflakes, seasoned

Method:

Put mayonnaise on both sides of chicken bottoms. Then dip into crushed cornflakes. Place in greased 9x13 pan and bake at 400 degrees for 1 hour.

Tomato Rice

Ingredients:

Rice
Water
Tomato sauce
Chopped tomatoes (optional)
Chopped parsley (optional)
Spices (oregano, garlic powder, paprika, salt, and pepper)

Method:

Add the measurements of rice:water ratio that you normally do. Then add some tomato, chopped tomatoes, parsley, and spices. Cook for an extra few minutes. Mix every few minutes..

Week Forty-Two

Manday

Easy Fettuccini Alfredo

Ingredients:

½ cup butter
½ cup milk
½ cup shredded cheese
(mozzarella or Parmesan)
Crushed garlic or garlic powder,
as much/little as you desire
Salt
Cooked pasta

Method:

Mix together all of the ingredients. Add the mixture to cooked fettuccini or pasta of your choice.

Angel Hair Pasta Salad

Ingredients:

Lettuce, any kind
Cucumbers
Tomatoes
Salad croutons

Dressing:

¼ cup honey
¼ cup mayonnaise
2 teaspoons oil
2 teaspoons vinegar
2 teaspoons garlic powder
2 teaspoons onion powder

Week Forty-Two

Tuesday

Vegetarian Chill

Ingredients:

1 onion, diced
3 cloves garlic, diced
1 large can chopped tomatoes
1-2 cans black beans (keep the liquid)
1 green pepper, diced
½ cup corn kernels
Tabasco® sauce
¼ teaspoons cumin
¼ teaspoons crushed red peppers

Method:

Sauté onions and garlic in olive oil. Add peppers, tomatoes, beans with liquid, corn, and Tabasco® sauce. Simmer on low for 20 minutes. Add spices at the end. Serve with sour cream and shredded cheese as additions plus rice as the side. Or serve with tacos/tortillas.

Week Forty-Two

Wednesday

Couscous with Chicken and Vegetables

Ingredients:

Couscous
Carrots
Potatoes
Onions
Pumpkin
Chickpeas
Fresh garlic, peeled
Salt
Pepper
Garlic powder
Turmeric
Chicken legs
Chicken soup mix powder
(optional)

Method:

Cut up all vegetables and put in pot. Add chicken if using. Cover with water and add spices. Bring to boil and then allow everything to simmer for an hour or until thoroughly cooked. In the meantime, prepare couscous according to package instructions. Serve broth, hot, on top of the couscous.

Week Forty-Two

Thursday

Moroccan Style Salmon

Ingredients:

5–6 salmon fillets
1 pack/bunch of coriander
5 cloves garlic, peeled
1 tablespoon paprika
3 tablespoons olive oil
1 tablespoon lemon juice
Pinch of salt

Method:

Marinate 5-6 pieces of salmon in vinegar for 20–30 minutes; then, rinse well.
Layer in pot from bottom to top: ½ pack coriander, 5 cloves garlic, and fish.
Sprinkle paprika on top.
Pour oil all around. Add salt and lemon.
Add the rest of the coriander on top (optional).
Cover pot/pan and bring everything to boil; then, simmer for 20 minutes.
While cooking, make sure that there is some liquid in pot. If not, then add some oil or water.
When done, mix/spin pot from outside, so that sauce will be distributed on top of fish.

Teriyaki String Beans

Ingredients:

String beans
Bottled teriyaki sauce

Method:

Boil water. Add string beans—allow to cook for approximately 3 minutes. Drain string beans. In the same pot/pan, pour some teriyaki sauce. Once it is hot, add the string beans and mix all together for a few seconds.
For garnish: Add some sesame seeds.

Mushroom Rice

Ingredients:

1 cup rice
1 crushed garlic
2 teaspoons dried minced onion
2 teaspoons salt
¼ teaspoon black pepper.
4 ounces drained canned mushrooms
3 tablespoons oil
2 cups boiling water

Method:

Cook or bake for approximately 30 min, checking occasionally to see if rice needs some more water.

Week Forty-Three

Sunday

Chicken Risotto

Ingredients:

1 cup rice (you can mix whole grain and white)
2 cups water
1-2 thighs of cooked chicken with gravy (*I use leftovers from Shabbos*).
Salt

Method:

Cook rice in water until water is completely absorbed.
Chop the chicken into small pieces without the bones and add to the rice with 2-3 large spoons of the gravy.
Salt to taste and mix on low flame for 5 minutes until chicken is hot.
Serves 3.

Olive Salad

Ingredients:

1 head of romaine lettuce, chopped small
15 cherry tomatoes, halved
1 handful olives (about 10-15), halved.
Salt
Pepper
Olive oil

Method:

Mix together romaine lettuce, cherry tomatoes, and olives.
Add salt and pepper to taste, and a drizzle of olive oil.

Week Forty-Three

Manday

Vegetable Lasagna

Ingredients:

2 zucchinis, sliced in semicircles
2 containers white mushrooms,
cleaned and sliced
1 small package of frozen
winter mix (broccoli and
cauliflower)
4 tablespoons margarine
2 tablespoons flour
1 2/3 cup low-fat milk
Oven-ready lasagna sheets
1 medium can chopped
tomatoes (*optional*)
Grated cheese

Method:

Put in a large baking tin and mix with salt, pepper, and olive oil. Place in oven on 450 degrees to roast for 20 minutes (taking out every 5-7 minutes to mix around).

In a small pan melt 4 tablespoons margarine (or just under 1/4 cup of oil).

Add 1 ounce of flour and mix until a paste. Add 400 ml (1 2/3 cup) of low-fat milk and stir on low flame. Keep stirring until it is thick. DO NOT LET IT OVER BOIL!!

In a 9x13 pan layer the bottom with oven-ready lasagna sheets. (*I use Barilla® pasta*).

Remove the vegetables from the oven.

Optional: Drain the juice from one medium can of chopped tomatoes and mix in.

Layer half of the vegetables onto the lasagna and cover with another layer of lasagna sheets.

Put the rest of the vegetables on top.

Pour half of the milk sauce on top of that, cover with a final layer of lasagna, and top with the rest of the sauce.

Liberally sprinkle grated cheese on top.

Bake uncovered for 20-30 minutes on 350 degrees.

Freezes GREAT!

Serves 4-5.

Side Dishes (if wanted):

Sliced cucumbers
Bite-size rolls.

Week Forty-Three

Tuesday

Burgers

Ingredients:

1 small package minced meat
Salt
Pepper
Paprika
Parsley.
Chili sauce

Method:

Mix the meat well with the spices (to taste).
Roll into flat round circles and dip each one in Chili Sauce. Grill in George Foreman for 10 minutes (or a hot grill pan), until cooked.
Serve in burger buns with chili sauce, ketchup and mustard.
Freezes GREAT!
Serves 8

Tomato Salad

Ingredients:

3 large tomatoes, diced
Salt
Pepper
Mixed herbs (oregano, parsley, thyme, sage etc)
Olive oil
A drop of water

Method:

Mix together. Serve cold.
Serves 3.

Potato Wedges

Peel 3 potatoes and slice into thin slices and cut in half (or whichever thickness you prefer).

Salt and pepper to taste.

Place in the microwave for 12 minutes until soft then transfer to a pre-heated oven at 400 degrees. Bake for 10–15 minutes until crispy.

Week Forty-Three

Wednesday

Tomato Sauce Meatballs

Ingredients:

1 onion
1 pack minced meat/chicken/
turkey (mixed with salt,
pepper, 1 egg, and ¼ cup
matzo meal)
1 medium can chopped
tomatoes
1 small can tomato sauce
1 small can water
Salt
Pepper
Paprika

Method:

Dice and fry the onion until golden brown. Add the tomatoes, sauce and water and spices to taste. Mix well and bring to a boil. Lower flame and roll the meat into balls. Add to the sauce and stir. Bring back to a boil, cover and let simmer for 30 minutes until cooked.

Serves at least 8.

Corn Salad

Ingredients:

1 can corn, drained
2 tomatoes, diced
5 pickles, diced
1 large spoon mayonnaise
Salt
Pepper

Method:

Mix together all ingredients.

Serves 4.

Week Forty-Three

Thursday

Vegetable Soup

Ingredients:

1 onion
1 leek
1 butternut squash
1 zucchini
2 potatoes
1 large sweet potato

Method:

Prepare the vegetables by peeling and chopping into cubes.

Dice the onion and leek and fry until golden.

Add the rest of the vegetables and stir for 5 minutes.

Add enough water to cover vegetables, $\frac{3}{4}$ of the way up the pot. Add salt, pepper to taste and 1½–2 tablespoons parsley flakes.

Cover and leave to simmer on medium flame for 20–30 minutes until vegetables are soft.

Remove from the flame and using a hand immersion blender, blend until completely smooth.

(Garnish with parsley or mint for a fancy look).

Freezes great!

Serves at least 4–6.

Whole Wheat Toasted Croutons

Ingredients:

Angel hair pasta, cooked
Red pepper, diced
Fresh snap peas, cut up

Method:

Add red pepper and snap peas to cooked pasta. Mix together dressing ingredients. Pour over pasta.

Dressing:

½ cup soy sauce
¼ teaspoon ginger
¼ cup sugar
1 clove garlic
½ cup oil
1 tablespoon sesame seeds

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Week Forty-Three

Thursday

Cheese Omelettes

Ingredients:

2 eggs, beaten
Salt and pepper to taste
½ slices of onion
A handful of diced tomato
Large handful of grated cheese
(or cheese cubes)

Method:

Lightly grease a large frying pan and heat. Mix egg with salt and pepper and pour in, making sure it fills the pan like a pancake.

Cook for 3 minutes and add onion and tomato to one side. Cover with grated cheese and fold over one side (to look like a semi-circle).

Leave for another 3 minutes and then remove from pan by sliding straight onto a plate.

You can add whatever veggies you like.

Week Forty-Four

Sunday

Duck Sauce Chicken

Ingredients:

4 chicken bottoms, thighs and legs separated
Garlic powder and salt
1 cup sweet and sour duck sauce

Method:

Arrange chicken pieces in a 9x13 pan. Season generously with salt and pepper. Pour duck sauce evenly over seasoned chicken. Bake in oven preheated to 350 degrees for 1 hour and 30 minutes.

Mushroom Rice

Ingredients:

1 cup Uncle Ben's® long grain white rice
4 tablespoons mushroom soup mix
2 cups water

Method:

Place rice and mushroom soup mix in 7x10 deep pan. Add water. Cover tightly and bake in oven preheated to 350 degrees for 1 hour.

Mixed Vegetables

Ingredients:

16 ounces frozen mixed vegetables (peas, carrots, corn, lentils)
2 tablespoons canola oil
Salt, to taste

Method:

Pour the frozen vegetables in a 7"x10" deep pan. Drizzle with oil and mix well. Cover tightly and bake in oven preheated to 350 degrees for 45 minutes. Uncover and season generously with salt to taste.

Week Forty-Four

Manday

French Fried Onion Chicken

from www.frenchs.com

Ingredients:

1 container French's® french fried onions
2 tablespoon flour
1½ pounds chicken cutlets, sliced thin
1 egg, lightly beaten

Method:

Combine onions and flour in a Ziploc® bag. Lightly crush.

Dip chicken in egg, then coat with onion crumbs, pressing firmly to adhere. Place chicken on a cookie sheet-sized baking pan. Bake uncovered in oven, preheated to 400 degrees for 20 minutes.

Potato Wedges

Ingredients:

4 russet potatoes, scrubbed
2 tablespoons canola oil
Kosher salt
Coarse black pepper

Method:

Cut potatoes into quarters. Drizzle with oil. Season with salt and pepper. Arrange on a cookie sheet sized baking pan. Bake uncovered in oven, preheated to 400 degrees for 40 minutes.

Bruschetta Zucchini

source: Chavi Sperber in [Ami magazine](#)

Ingredients:

2 small zucchini, stems trimmed, washed and dried
3 tablespoon olive oil, divided
1 garlic clove, crushed
2 cups grape tomatoes, quartered
½ small red onion, finely diced
1 tablespoon balsamic vinegar
½ teaspoon dried basil
Kosher salt and coarse black pepper, to taste

Method:

Cut each zucchini in half lengthwise. Use a spoon to scrape out the zucchini seeds of each zucchini half, making 4 long canoe-like boats. Brush the zucchini with 1 tablespoon of olive oil. Season with crushed garlic. Arrange zucchini on a baking sheet, and bake uncovered in oven, preheated to 400 degrees for 20 minutes.

In the meantime, toss together the tomatoes, onion, oil, vinegar, and basil. Season generously with salt and pepper to taste.

Remove zucchini boats from the oven, and plates. Top with tomato mixture and serve.

Week Forty-Four

Tuesday

Spinach Cheese Lasagna

from [Kosher by Design](#)

Ingredients:

- 1 10-ounce package frozen spinach OR $\frac{2}{3}$ of a 16-ounce package, defrosted and squeezed dry of liquid
- 1 16-ounce container cottage cheese
- 1 large egg
- $\frac{1}{2}$ teaspoon oregano
- Black pepper
- 2–3 8-ounce bags shredded pizza cheese, divided in half
- 1 26-ounce jar marinara sauce
- 9 lasagna noodles, uncooked
- 1 cup water

Method:

In a large mixing bowl combine spinach, cottage cheese, egg, oregano, pepper, and half of the mozzarella.

Grease a 9x13 pan. Ladle a thin layer of marinara sauce on the bottom of the pan. Lay down 3–4 noodles, half of the spinach/cheese mixture, and a layer of marinara sauce. Top with 3–4 noodles, the rest of the spinach/cheese mixture, and a layer of marinara sauce. Add 3–4 more noodles, a layer of marinara sauce, and top with the remaining mozzarella.

Pour water around the sides.

Cover and bake for 45 minutes in oven preheated to 350 degrees. Then uncover and bake 30–40 minutes longer. Cheese will be melted and bubbly.

Caesar Salad

Ingredients:

- 10 ounces romaine lettuce
- $\frac{1}{2}$ cup croutons
- 1 cup grape tomatoes, halved

Method:

Place romaine in a large salad bowl. Add croutons and grape tomatoes.

In a separate bowl, whisk together dressing ingredients until smooth and creamy.

Pour over salad and toss lightly.

Dressing:

- $\frac{1}{4}$ cup mayonnaise
- $\frac{1}{4}$ cup olive oil
- $\frac{3}{4}$ tablespoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- 3 garlic cloves, crushed
- 1 tablespoon dried parsley
- 1 tablespoon onion powder
- 2 tablespoons water
- 2 tablespoons fresh lemon juice
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon coarse black pepper

Week Forty-Four

Wednesday

Saucy Meatballs

Ingredients:

1½ pounds ground meat
1 egg + 1 egg white
¾ cup breadcrumbs
2 garlic cloves, crushed
¼ cup grated onion
1 teaspoon kosher salt
2 cups sliced mushrooms
2 cups sliced green peppers
4 cups marinara sauce

Method:

Combine meat, eggs, crumbs, garlic, onion and salt; form into 1" balls. Place in crockpot, top with mushrooms, peppers, and sauce. Cover with lid.

Cook on LOW for 6 hours. Serve over hot spaghetti.

Spaghetti

Follow package directions. Can be made a few days in advance. Refrigerate until ready to use. Pour boiling water over the pasta, in a colander, to heat and refresh pasta.

Week Forty-Four

Thursday

Avocado Cheese Salad

from [Binah magazine](#)

Ingredients:

Dressing:

1 medium ripe avocado, peeled
and pitted
½ cup mayonnaise
⅓ cup oil
⅓ cup water
1 tablespoon lemon juice
2 garlic cloves, peeled
1 teaspoon salt
¼ teaspoon coarse black pepper

Method:

Combine dressing ingredients and blend until smooth. Set aside.
Layer lettuce, onion and tomatoes. Drizzle with dressing. Sprinkle with cheese and then Stix.

Salad:

Romaine lettuce
Red onion, sliced into thin rings
Grape tomatoes, halved
Shredded cheese (1 cup per
person when serving as a
main dish salad meal)
Terra Stix®

Warm Crusty Baguettes

Wrap baguettes in foil. Place in oven, preheated to 450 degrees and bake for 6 minutes.

Week Forty-Five

Sunday

Cauliflower Soup

Sauté an onion in 1 tablespoon oil for about 10 minutes.

Add a bag of frozen cauliflower (32 ounce) or a head of cauliflower (cut into pieces).

Add water to cover the cauliflower. Bring to boil and then simmer 30 minutes and then immersion blend.

Add:

1/8 teaspoon pepper

1 teaspoon salt

1 tablespoon chicken consommé

Juicy Baked Schnitzel

Coat chicken thigh pieces in mayonnaise and then dip in seasoned breadcrumbs.

Bake at 350 degrees for 30–40 minutes.

White (or Brown) Rice with Veggies

Finely dice 2 colored peppers and 1 onion in a little oil and sauté lightly. Add to cooked rice.

Week Forty-Five

Manday

Homemade Burgers

Ingredients:

1 pound chopped meat
2 eggs
¼ cup matzo meal
⅛ teaspoon pepper
¼ teaspoon onion powder
¼ teaspoon garlic powder
⅛ teaspoon salt
⅛ teaspoon paprika
½ diced onion
4 tablespoons ketchup

Method:

Mix all ingredients together. Form into patties and smear on barbecue sauce. Bake at 350 degrees for 30–45 minutes. You can also grill them.

Roasted Potatoes

1 pound small red potatoes
Wash potatoes and cut into quarters (leave skin on)
Coat with:
2–3 tablespoons olive oil
¼ teaspoon kosher salt
¼ teaspoon paprika
¼ teaspoon garlic powder
⅛ teaspoon pepper
Bake at 400 degrees for 1 hour.

Easy Salad

Ingredients:

Romaine or shredded iceberg
Craisins®
Chow mein noodles

Dressing:

¼ cup mayonnaise
¼ cup brown sugar
¼ cup vinegar

Week Forty-Five

Tuesday

Cottage Cheese Latkes

Ingredients:

¼ cup sugar
¼ cup flour
½ cup cottage cheese
2 eggs

Method:

Mix together all the ingredients. Fry in oil like latkes.

Twice Baked Potatoes

Clean large Idaho potatoes. Bake on 400 degrees for about an hour. Cut open lengthwise and make diagonal cuts on the inside of each side of the potato. Shmear on butter and season with garlic salt. Put back in the oven for 10–15 minutes on 350 degrees.

Classic Lettuce Salad

Ingredients:

Romaine
Cherry tomatoes (halved)
Peppers of your choice
Cucumbers

Dressing:

2 tablespoons oil
1 tablespoon lemon juice
⅛ teaspoon salt
⅛ teaspoon garlic powder

Week Forty-Five

Wednesday

Broccoli Soup

Sauté an onion in 1 tablespoon oil for about 10 minutes. Add a bag of frozen broccoli (32 ounces) Add water to cover the broccoli. Bring to boil, simmer 30 minutes, and then immersion blend.

Lasagna

Ingredients:

1 box no-cook lasagna noodles
1 jar marinara sauce
Ricotta cheese (about 10 ounces)
Cottage cheese (about 10 ounces)
8 ounces shredded cheese plus a few handfuls for the top
4 eggs

Method:

Make a mixture of all ingredients. In a baking dish (or 9x13 foil pan) layer the lasagna and then the sauce mixture until you fill the pan or finish the mixture. Sprinkle the top with the remaining shredded cheese.

Bake covered at 350 degrees for 45 minutes and uncovered for an additional 10 minutes.

Week Forty-Five

Thursday

Chicken Stir Fry

(also works well with pepper steak or skirt steak)

Ingredients:

2 peppers (any color)
1 red onion
Mushrooms (1 can or fresh)
3 cubes frozen garlic
1 cube frozen ginger
¼ cup soy sauce
1 pound chicken thighs or
breast pieces cubed (thigh is
juicier)
4–5 tablespoons dry wine (or
cooking wine)

Method:

Sauté all vegetables in about 2 tablespoons
oil for 10–15 minutes. Add chicken pieces and
remaining ingredients, and cook until chicken is
cooked well (about 10 minutes).
Serve on top of rice.

Week Forty-Six

Sunday

Chicken Nuggets

Cut boneless chicken thighs into nuggets. Fill a food storage bag with cornflake crumbs and spice generously with garlic powder, Lawry's Seasoned Salt[®], paprika, or your favorite seasonings. Spray cooking spray on a few 9x13 pans. Shake a handful of nuggets at a time and place in pan. Don't crowd. Spray cooking spray again and set aside.

Crunchy Potatoes

Peel and dice several potatoes. Mix in a bowl with olive oil, garlic powder, salt, and pepper. Bake at 500 degrees for 30 minutes. At 30 minutes, add the nuggets to the oven and lower to 400 degrees. Bake 20 minutes.

Shallots and String Beans

Steam string beans and sauté 2 shallots. Toss string beans with shallots, and salt and pepper to taste. Enjoy!.

Week Forty-Six

Manday

Cheesy Potato Soup

Ingredients:

2 cups instant mashed potatoes
2 quarts vegetable broth
(Trader Joe's is pretty cheap)
1 bag cheddar cheese

Method:

Combine potatoes and broth. Heat on medium until warmed. Add cheese. Stir until melted and serve.

Fish With Vegetables

Ingredients:

1 pound frozen flounder or similar, defrosted
Pasta sauce
Diced onion
Celery
Green pepper
Can of mushrooms

Method:

Lay fish in pan. Cover with pasta sauce. Layer with vegetables. Spice with garlic powder. Cover with foil and bake at 350 degrees for 45 minutes.

Serve with buttered pasta.

Week Forty-Six

Tuesday

Shwarma

Cut up boneless thighs and marinate up to the night before with a cut up onion, 2 cloves of garlic, 2 tablespoons olive oil, and lots of either shwarma spice OR cumin and paprika. Sauté in a big frying pan.

Israeli Salad

Dice tomatoes, cucumbers, green pepper, and red onion. You can dress it with fresh lemon juice and lots of salt and pepper.

Week Forty-Six

Wednesday

Creamy Vegetable Soup

Sauté:

- 1 bag frozen onions
- 1 bag shredded carrots,
- 1 pound frozen broccoli cuts

Add:

- 1 can of corn
- 1 tablespoon fresh garlic
- 2 stalks sliced celery
- 1 pound smoked turkey, cubed

Add 1 quart of rice milk or soy milk. Heat and serve. Enjoy!

Flat Pretzel Salad

Romaine lettuce with flat pretzels, your favorite vegetables and this dressing:

- 4 tablespoons oil
- 2 tablespoons sugar or Splenda®
- 1 Tablespoon soy sauce
- 1 Tablespoon vinegar
- 1½ teaspoons fresh garlic

Serve with garlic bread

Week Forty-Six

Thursday

Vegetable Soup

Sauté:

- 2 big onions and
- 2 tablespoons fresh garlic

Add:

- | | |
|------------------------------------|-----------------------------|
| 4 carrots, sliced | ½ cup barley or split peas |
| 3 celery, sliced | ½ cup chickpeas |
| 2 sweet potatoes, in chunks | 1 can of corn |
| 2 potatoes, in chunks | ½ bag of frozen green beans |
| 1 zucchini, cut in half and sliced | 8 cups water |

Cook for 2 hours. You can cook the barley/split peas and chickpeas first for an hour and then add the rest, if you'd like.

Easy Delicious Lasagna

Ingredients:

- 1 16-ounce box of lasagna noodles, raw
- 1 jar of good pasta sauce
- 2 pounds low-fat cottage cheese
- American cheese

Method:

Pour a little bit of sauce on the bottom of a 9x13 pan. Layer raw noodles, thin layer of cottage cheese, a thin layer of sauce, and 2 pieces of American cheese on top. Continue until the cottage cheese is done, ending with American cheese on top. Cover with foil and bake at 350 degrees for 1½ hours. Let sit for 5 minutes before cutting.

Caesar Salad

Use romaine lettuce, cucumbers, store bought croutons (we like Osem® garlic and herb) and this dressing:

- ⅓ cup olive oil
- ¼ cup mayonnaise
- 2 tablespoons red wine vinegar
- ½ teaspoon salt
- ¼ teaspoon dry mustard
- 1 teaspoon Dijon mustard
- 2 tablespoons sour cream or yogurt
- 2 garlic cloves
- ½ lemon, juiced

Week Forty-Seven

Sunday

Turkey Salad

Ingredients:

1 bag lettuce
2 plum tomatoes
1 or 2 cucumbers
1 pepper—any color
Craisins®—optional
1 pound turkey breast—unsliced
Mayonnaise
Mustard
Honey
B&B Sour Cream and Onion®
flavored crackers (or other
parve flavored crackers or
pretzel chips)

Method:

Chop up vegetables and cut turkey breast into cubes. Mix well. In a separate bowl, mix together mayonnaise, mustard, and honey to taste. Add to the salad. Before serving, crumble crackers and mix well.

Week Forty-Seven

Manday

Tilapia or Flounder

Ingredients:

Fresh or frozen tilapia or
flounder, defrosted
Egg, beaten
Cornflake crumbs
Parmesan Cheese

Method:

Pour cornflake crumbs on a plate and season with garlic, onion powder, and pepper to taste. Add Parmesan cheese and mix well. Dip each fillet into the egg, then into the cornflake crumb mixture. Lay on an oiled baking sheet. Spray the tops with a little oil spray before placing into the oven. Bake 25–30 minutes at 350 degrees or until the top is crispy and the inside is done.

Instant Rice Mix

Frozen Broccoli

Cook broccoli on the stove with water and a little oil. Season with salt, garlic powder, and za'atar spice to taste.

Week Forty-Seven

Tuesday

Spaghetti and Meat Sauce

Ingredients:

- 1 pound spaghetti, cooked
- 2 pounds ground beef
- 1 15-ounce can tomato sauce (*I use the Hunt's® basil-flavored one*)
- 1 jar of your favorite marinara sauce
- 1 onion

Method:

Sauté the onion until translucent. Add the meat and use a fork to break it up while it cooks. When it is cooked through, add the tomato sauce. Fill the empty can with water and pour that in. Add the marinara sauce and spice to taste. Bring to a boil and let simmer for a little bit. Serve with cooked spaghetti.

Za'atar Cauliflower

Defrost a bag of frozen califlour. Drizzle with olive oil and season with salt, garlic powder, and zaatar spice. Minced onion is good too. Bake at 400 for 45 minutes to an hour.

Week Forty-Seven

Wednesday

Tofu Stir Fry

Sauté a diced onion in olive oil along with some minced garlic. Cube the tofu and season with soy sauce, ginger, and curry. Add it to the pan and sauté until lightly browned.

Israeli Couscous

Cook a pot of Israeli (large grain) couscous according to package directions, adding a spoonful of chicken soup mix.

Israeli Salad

Cut up lettuce, tomato, cucumber, red pepper and red onion if you like. Dress it with olive oil, lemon juice, minced garlic, and salt.

Week Forty-Seven

Thursday

Omelets with Grated Cheese

Baked Potatoes

Cut potatoes in slices, leaving the bottom intact. Season with salt, pepper, and garlic and onion powders. Bake at 350 degrees for a little over an hour.

Snap Peas

Take a bag of frozen snap peas, mostly defrosted. Place in frying pan with olive oil and add soy sauce, white pepper, garlic and onion powders. Cook on low flame, stirring occasionally until they are crunchy.

Week Forty-Eight

Sunday

Butternut Squash Soup

Ingredients:

1 package pre-cut butternut squash
2 sweet potatoes
1 onion, diced
2 tablespoons oil
4–5 cups water
2 cups chicken broth or 2 cups of water with 2 teaspoons chicken consommé
1 tablespoon salt
1 shake of black pepper

Method:

Cut sweet potatoes into cubes. Sauté onion in oil. Add squash and sweet potato, cover pot. Cook until softish. Add rest of ingredients, bring to a boil, then simmer for a while. Blend with an immersion blender.

Pan-Seared Tilapia

Ingredients:

4 tilapia fillets
1 teaspoon kosher salt
Pepper
1 tablespoon paprika
3 tablespoons olive oil

Method:

Make a paste of olive oil and spices. Brush half the paste on one side of fillets. Lightly oil a frying pan/skillet. Sear for 6 minutes. Turn over fillets and brush on remain paste. Sear for additional 3–4 minutes.

Roasted Broccoli

Ingredients:

1 bag frozen broccoli
Kosher salt
Garlic powder
Olive oil

Method:

Spray a cookie sheet with oil. On the cookie sheet, toss frozen broccoli, salt and garlic, and a generous drizzle of olive oil. Bake for about 10 minutes at 400 degrees.

Week Forty-Eight

Manday

Goulash

Ingredients:

1 large onion
2 tablespoons oil
2 pounds cubed stew meat
Pepper
3 frozen garlic cubes
1 teaspoon paprika
1 ½ teaspoons salt
2-2½ cups water
3-4 big potatoes
4 tablespoons ketchup

Method:

Sauté onion in oil. Add meat and sauté 15-20 minutes, stirring occasionally. Add spices and water. Cover, and bring to boil. Add potatoes and ketchup. Lower and simmer for about an hour or until potatoes look done.

Fresh Salad

Ingredients:

Bag of romaine or 1 head lettuce
English cucumber
Red pepper
Pickles
Mini croutons
Bottled favorite dressing

Week Forty-Eight

Tuesday

Tomato Rice Soup

Ingredients:

1 onion diced
32 ounces tomato sauce
½ cup sugar
¼ cup lemon juice
1 tablespoon salt
1 cup rice

Method:

Sauté onion in oil in 6-quart pot. Add everything else EXCEPT rice. Fill pot with water, and bring to boil. Add rice and cook on medium-low for an hour.

Baked Noodles and Cheese

Ingredients:

1 8-ounce package egg noodles
1 cup cottage cheese
1 ½ cup sour cream
1 teaspoon Worcestershire sauce
1 teaspoon salt
1 teaspoon pepper

Method:

Preheat oven to 350 degrees. Cook noodles and drain. Mix with rest of ingredients. Toss gently. Cover and bake for 20 minutes.

(Note: I make this in a healthier version with healthier pasta such as healthy harvest, and low fat or fat free cottage and sour cream.)

Week Forty-Eight

Wednesday

Honey Mustard Chicken

Ingredients:

3 tablespoons soy sauce
3 tablespoons honey
3 tablespoons mustard
1 onion
Olive oil
1 package chicken cutlets, cut
in strips

Method:

Sauté onion in oil. Add chicken cutlets until they don't look raw. Mix together soy sauce, honey, and mustard. Pour sauce over chicken. Heat through 5–10 minutes on medium flame until sauce thickens.

Oven Rice

Ingredients:

2 cups rice
4 cups hot water
2 tablespoons onion soup mix
1 can mushrooms (optional)

Method:

Mix together in a 9x13 pan. Bake covered for one hour at 350 degrees.

Week Forty-Eight

Thursday

Baked Schnitzel with Sauce

Fillet or pound chicken breasts thinly. Mix together equal amounts of cornflake crumbs and breadcrumbs, seasoned to taste. Dip chicken into beaten egg, then into the crumb mixture. Place onto a well-oiled baking pan. Spray the tops with cooking spray before placing into the oven. Cover and bake at 350 degrees for half an hour. Meanwhile, mix together equal amounts of ketchup, brown sugar, and water. Pour on top of the chicken and bake another 10 minutes. Serve hot or room temperature.

Baked Spicy Sweet Potato Fries

Ingredients:

3 sweet potatoes cut into sticks, wedges, or round slices.
Kosher salt
Pepper
Garlic powder
Chili powder
Cumin
Olive oil

Method:

In a large Ziploc® bag, toss sweet potatoes with spices and some olive oil to coat. Spread on sprayed cookie sheet. Bake for 25 minutes at 450 degrees.

Week Forty-Nine

Sunday

Zucchini Soup

Cook 3 zucchinis and 1 onion with water just to cover, for 25 minutes. Blend. Add salt and pepper to taste. Can be served warm or cool.

Chicken and Rice

Pour 1½ cups of rice in a 9x13 pan. Lay 4 cleaned chicken quarters on top. Fill with water, leaving chicken exposed. Sprinkle salt, pepper, paprika, and onion powder over chicken and rice. Cover tightly. Bake at 350 degrees for 2 hours.

Baked Sweet Potato

Place 4 small/medium sweet potatoes on a lined pan. Stick in the oven with the chicken.

Fresh Salad

Cut red and green peppers, tomatoes, cucumbers, red onion, and lettuce in strips. Season with olive oil, fresh lemon, salt, and freshly ground pepper.

Week Forty-Nine

Manday

Meatball Stew

from [Kosher Inspired](#), with a few changes

Meatballs: Mix:

- 2 minced garlic cloves
- ½ small onion
- 2 pounds ground meat
- ¼ cup bread crumbs
- 1 teaspoon salt
- ½ teaspoon basil
- 1 egg
- 3 tablespoons ketchup and
- 3 tablespoons water.

Form into 1 inch balls.

Bring

- 2 cups ketchup
- 2½ cups ginger ale, and
- 1 teaspoon dried basil to simmering. Add meatballs, simmer for one hour.

Add

- 2 medium onions, sliced
- 1 red pepper, cut in chunks
- 2 stalks celery, sliced
- 3 potatoes
- 3 sweet potatoes
- 3 carrots sliced.

Cook for 45 minutes longer, until vegetables are soft.

Variation: Skip potatoes, serve over rice. Freezes very well without potatoes.

Cabbage Salad

Pound 1 garlic clove, add 2 tablespoons olive oil, and 2 tablespoons fresh lemon juice. Mix with 2 pounds shredded green cabbage. Sprinkle with salt.

Week Forty-Nine

Tuesday

Cream of Carrot Soup

Slice 8 large peeled carrots. Simmer with 1½ cups chicken broth (water works, too) and 2 cloves crushed garlic for 20 minutes, or until tender. Add juice of half a lemon and up to one cup milk substitute (almond, soy or rice all work). Season with ¼ teaspoon basil, ½ teaspoon salt and fresh ground pepper.

Tilapia

Bread 4 tilapia fillets in:

- 2 tablespoons all-purpose flour
- 2 teaspoons chopped fresh oregano, plus more for garnish
- 2 tablespoons chopped fresh parsley
- Kosher salt and
- Freshly ground pepper

Fry in olive oil, 4 minutes on the first side and two on the second.

Note: Can be made in strips.

Roasted Green Beans

Trim and wash green beans. Sprinkle with olive oil, sea salt and freshly ground pepper. Roast at 400° for 20 minutes.

Mushroom Quinoa

Cook quinoa according to package directions. Fry a medium onion for 10 minutes. Add an 8-ounce carton of fresh mushrooms, sliced. Fry until mushrooms let out their juice. Season with salt and pepper. Mix with quinoa.

Week Forty-Nine

Wednesday

Chicken Marsala

from [Quick and Kosher](#)

Fry 2 cups assorted mushrooms in 2 tablespoon oil.

Cut 1½ pounds chicken cutlets in ¼ inch strips. Dip in 1 cup flour, 1 teaspoon thyme, ½ teaspoon freshly ground pepper, and 1 teaspoon kosher salt. Fry in 2 tablespoons oil.

When all chicken is fried, cook ½ cup Marsala wine on high for 2 minutes. Add ¼ cup chicken broth and cook for three more minutes. Add mushrooms to reheat and serve over chicken.

Garlic Mashed Potatoes

Cook 2 pounds potatoes with 2 tablespoons salt and 2 cloves garlic. When cooked, drain potatoes, leaving in about ½ cup water. Add up to ¼ cup oil. Mash well.

Roasted Mushrooms and Broccoli

Clean mushrooms well. Defrost and drain 1 10-ounce bag of broccoli. Toss with olive oil, salt, and a dash of garlic powder. Roast for 15 minutes.

Cucumber Salad

Slice 4 Kirby cucumbers and one red onion. Season generously with salt and lemon juice. Allow to sit for half an hour.

Week Forty-Nine

Thursday

Cheesy Broccoli Soup

Cover broccoli with water. Cook for 20 minutes. Season with salt and pepper. Top with croutons and shredded cheese.

Greek Pizza

Spread ready-made pizza dough (whole wheat challah dough works!) on pan. Blend 2 tablespoons olive oil and 3 garlic cloves. Spread on dough. Top with 8 ounces mozzarella cheese, 4 ounces crumbled feta cheese, ¼ cup olives, ½ red onion sliced thinly, ½ cup slice mushrooms, and 1 teaspoon oregano. Drizzle with olive oil. Bake at 450° for 10 minutes or until cheese is bubbly.

Feta Cheese Salad

Slice lettuce, red onion, tomatoes, and olives. Season with olive oil, lemon juice, salt, pepper, and a dash of balsamic vinegar. Crumble feta cheese on top.

Week Fifty

Sunday

Chicken and Rice in the Crockpot

from [Estee Kafra](#)

Ingredients:

2 diced onions
2 minced cloves of garlic
2 tablespoons oil
4–5 chicken bottoms or thighs
with skin
2 cups of rice (*I've used brown
with good results*)
2 teaspoons salt
1 teaspoons pepper
½ teaspoons rosemary
5½ cups of water or chicken
stock (or more as needed)

Method:

In a large saucepan, sauté onion and garlic
in oil until translucent. Add the chicken, skin-
side down and cook until browned (about 10
minutes)

Pour into the slow cooker.

Stir in the rice and spices. Pour in water or
stock.

Cover and cook on high for 5 hours or high for
3 hours and then low for up to 12 hours. Add
water if needed during cooking.

Week Fifty

Manday

Split Pea and Lentil Soup

from [Dining in Again](#)

Ingredients:

¾ cup green lentils
¼ cup split peas (soaked overnight)
4 cup water
¼ cup coarsely chopped carrot
¼ cup coarsely chopped celery
1½ teaspoons dried parsley
¼ teaspoon thyme
⅛ pepper
1 teaspoon salt
1 clove crushed garlic

Method:

Put the split peas, lentils, and water in a pot and bring to a boil. Add remaining ingredients. Simmer until the lentils and split peas are soft. The split peas will have mostly melted into the soup..

Salmon Teriyaki

Ingredients:

Salmon fillets
Mikee's® Sesame Teriyaki Sauce

Method:

Pour teriyaki sauce over salmon. Cover and bake at 350 degrees until done (about a half hour)

Glazed Sweet Potatoes

Ingredients:

2 or 3 sweet potatoes, diced or sliced
Maple syrup/pancake syrup

Method:

Drizzle maple syrup over sweet potatoes. Mix until sweet potatoes are covered with maple syrup. Bake covered in a baking pan until soft. Uncover and bake for 5 more minutes.

Week Fifty

Tuesday

Tomato Basil Soup

from the Bais Yaakov Cookbook

Ingredients:

1 tablespoon olive oil
1 diced onion
2–3 minced cloves of garlic
1 carrot sliced
1 stalk of celery, diced
5 cups of vegetable stock or water
1 15-ounce can of diced tomatoes
2 heaping tablespoons tomato paste
1 tablespoon lemon juice
2 teaspoons salt
½ teaspoon pepper
½ cup orzo
2 teaspoons dried parsley
1 teaspoon basil
1 teaspoon oregano

Method:

Sauté onion, garlic, celery, and carrot in oil until soft. Add water or stock. Bring to a boil. Cover and simmer for 20 minutes. Add tomatoes (with juice), tomato paste, lemon juice, orzo and spices. Simmer another 30 minutes.

Pizza

from [Leah Schapira](#)

Pizza dough:

(You can use store bought dough or make this recipe and freeze the rest of the dough for another time)

6 cups warm water
⅓ cup sugar
1½ tablespoons yeast
2 tablespoons salt
¼ cup oil
5 pounds flour *(I use a mix of white and whole wheat)*

Method:

Proof yeast with sugar and water. Add salt and oil. Slowly add flour. Set the dough aside to rise. Punch it down. Separate into 8 balls and either freeze or use immediately. *(I make this when I have spare time and keep it in the freezer)*

Spread the dough on a pizza pan.

Spread sauce on top and top with cheese.

Add any desired topping *(we like peppers, olives and mushrooms)*.

Bake at 375 degrees for 13 minutes or until done on the lowest rack of the oven.

Continued on next page

Week Fifty

Tuesday

Israeli Salad

Ingredients:

½ red, yellow, green and
orange peppers, diced
English cucumber or 3 Kirby
cucumbers, diced
2 pickles, diced
Grape tomatoes halved

Method:

Mix dressing ingredients and pour over
vegetables before serving.

Dressing:

3 tablespoons vinegar
1 tablespoon olive oil
Salt and pepper

Week Fifty

Wednesday

Sesame Chicken

from [Binah](#)

Ingredients:

Chicken cutlets, cut into chunks
Flour
Sesame seeds
5 tablespoons ketchup
1 tablespoon mustard
2 tablespoons vinegar
2 tablespoons oil
1 cup brown sugar

Method:

Coat chicken in flour
Mix remaining ingredients in a large bowls. Pour over the chicken and mix well.
Bake in a 9x13 pan for 1 hour covered at 350 degrees, and for 30 minutes uncovered.

Sesame Spaghetti

Ingredients:

½ box whole wheat spaghetti
5 cloves minced garlic
Oil
Soy sauce
Sugar
Sesame oil
Sesame seeds

Method:

Boil spaghetti, according to package directions. Drain.
Sauté garlic in oil until brown. Add soy sauce and sugar. Mix until sugar dissolves.
Add spaghetti and mix well. Pour sesame oil over spaghetti. Mix. Sprinkle sesame seeds over spaghetti and mix again.

Baked Vegetables

Ingredients:

Zucchini
Colored peppers
Onions
Green beans

Method:

Cut vegetables in matchstick-sized strips. Cut the onions into rings. Drizzle with olive oil. Sprinkle with garlic powder, onion powder, salt and pepper. Bake at 400 degrees until done.

Week Fifty

Thursday

Baked Ziti

from joyofkosher.com

Ingredients:

- 1 (1-pound) box ziti or penne rigate
- 2 (26-ounce) jars prepared marinara sauce
- 1 (32-ounce) container ricotta cheese
- 2 (8-ounce) packages shredded mozzarella cheese, divided

Method:

Preheat oven to 375 degrees. Lightly grease a 9 x 13-inch pan with non-stick cooking spray.

Cook ziti about 2 to 3 minutes less than package directions for al dente pasta. Drain, rinse with cold water to stop the cooking, and set aside.

In a large bowl, mix marinara sauce, ricotta, and 1 cup of mozzarella.

Combine ziti and sauce mixture and stir until well combined, making sure there are no dry patches of pasta. Pour into pan and spread to edges.

Sprinkle remaining mozzarella over ziti to cover.

Bake, covered, at 375 degrees for 45 minutes to 1 hour. Uncover and continue baking until cheese is golden brown and bubbly.

Serve hot, straight out of the pan.

Spinach Pie

Ingredients:

- Diced onion
- Oil
- Half a bag of spinach (8-12 ounces)
- 1 egg
- Large handful of mozzarella cheese
- 2-3 tablespoons ricotta cheese, optional
- Unbaked pie shell

Method:

Sauté onion in oil until soft. Add spinach and cook until soft.

Add egg and cheese(s). Mix well. Bake at 350 degrees until done.

Week Fifty-One

Sunday

Tacos

Ingredients:

½ pound chopped meat
1–2 packs tortillas (we like the large flour ones)
1 pound finely chopped onion
Oil for frying
2 cans pinto beans
1–2 tomatoes diced
Black olives, sliced
Shredded iceberg lettuce
Near East® Spanish Rice—
prepared according to
package directions

Method:

Cook rice.

Brown chopped meat and season with a little taco seasoning (or onion soup mix).

Caramelize the onions. Remove ½ the onions and pour drained beans into the pan with remaining onions. Put in onion powder, garlic powder, and cumin to taste.

Using a potato masher, mash the beans up while warming them up and mixing them in with the onions/oil. (This is "refrying" them, making refried beans.)

Warm up the tortillas (or hard shells in your oven).

Place everything in bowls on your table. Let your family have a blast putting together their tacos (hand out the refried beans first because you can rub them onto your tortilla. Careful not to overfill! With so many things to go in, it's bound to happen.)

Week Fifty-One

Manday

Texas Chili

Ingredients:

2 cups white rice
2 cans beans (we like chick peas and pinto beans. Red leans, pink beans, kidney beans etc., work well also)—drained
1 chopped onion
1 chopped red or green pepper
1 pound hamburger meat
1 can corn (drained)
1 jar salsa
1 large can crushed tomatoes
1 large can tomato sauce
Chili powder to taste (*we use about 3–4 heaping tablespoons*)
2 tablespoons onion powder
1 tablespoon garlic powder
1 tablespoon cumin
Cayenne pepper, to taste (optional)

Method:

Put the rice up to cook. Fry the onions and pepper in a little oil. Add the chopped meat and brown. (Drain oil if desired.) Put in a pot and add all other ingredients. Simmer for 20 minutes.

Serve chili with corn chips (Fritos® type) over rice with salad

Week Fifty-One

Tuesday

Beef Tips and Rice

Ingredients:

2 pounds cubed meat
Flour
Oil
2 packages brown gravy mix
Rice

Method:

Make the brown gravy mix according to the package directions. Coat the meat with the flour and sear in small amount of oil. Put meat and gravy in a large pan in the oven, tightly covered. Cook on 350 degrees for an hour. Alternatively, put it all in a huge pot/pan on the stove and simmer for 45 minutes. Put 2 cups of rice on to cook, while meat is cooking.

Serve with salad.

Week Fifty-One

Wednesday

Salisbury Steak & Mashed Potatoes

Ingredients:

2 pounds chopped meat
Onion soup powder mix
Handful mushrooms finely chopped and sautéed (canned can be used, but chop it a bit more)
1 cup fried onions
2 packages brown gravy mix

2 pounds potatoes, peeled and cubed
Butter substitute
Milk substitute
Onion powder
Garlic powder
Salt
Pepper

Method:

Mix meat with mushrooms, ½ the onions and a tablespoon of onion soup powder mix.
Form into patties. Place into large sautéing pan and cook on medium-low heat (covered) for 5 minutes. Flip and cook covered again for 5 minutes.
Make brown gravy mix, adding 1 cup extra water. Cover patties with brown gravy mix, saving the extra. Simmer ½ hour.
Boil potatoes. Then add all other ingredients to them, to taste, and the rest of the fried onions.
Serve brown gravy over the potatoes as well, and with an Israeli salad.

Week Fifty-One

Thursday

Stew

Ingredients:

1 pound chopped meat (raw)
1 package frozen mixed veggies
2 potatoes (cubed very small)
1-2 onions (chopped)
1½ large cans tomato sauce
(I also use diced or crushed, depending on what's around)
1 cup rice (uncooked)
Any other veggies you might like that are in your fridge.
This might include peppers, zucchini, carrots, celery, etc.
(Just about anything goes.)
Chop the veggies.

Method:

Throw everything in a very large stock pot. Break the meat up while the water is boiling. Boil for about 2 hours (the longer the better) adding water as you go. Be careful and make sure the rice does not stick to the bottom (stir often).
Add seasonings, salt to taste after about ½ hour (when the meat is cooked).
Serve with saltine crackers on a cold day! This freezes well!

Week Fifty-Two

Sunday

Cheese Latkes

Ingredients:

1 8-ounce carton cottage cheese
1 egg
½ cup flour
¼ cup sugar
½ teaspoon vanilla sugar

Method:

Mix all ingredients together and fry them in patties.

Caesar Salad

Ingredients:

Head of lettuce
Cherry tomatoes
Purple onion diced
Salad croutons
Craisins®

Method:

Mix all ingredients together and add the dressing.

(Note: this dressing is for a lot of salad, I keep it in the fridge and it can be good for at least 3 weeks, maybe more)

Dressing:

1 cup mayonnaise
¼ cup sugar
2 cloves garlic (minced)
¼ cup vinegar
1 teaspoon mustard
Salt
Pepper
¼ cup water (or more if you like it runny)

Asian Spaghetti

Ingredients:

1 pound spaghetti, cooked
½ cup dark soy sauce
½ cup toasted roasted sesame oil
⅓ cup sugar
3 scallions, thinly sliced
¼ cup sesame seeds

Method:

Mix everything and add the sesame seeds right before serving.
It can be served hot or cold.

Continued on next page

Week Fifty-Two

Sunday

Cozy Vegetable Soup

Ingredients:

1 tablespoon oil
1 large onion, diced
2 cloves of garlic, sliced thinly
4 large potatoes, peeled and diced
1 sweet potato, peeled and cut into chunks
1 10-ounce package of frozen peas
2 green zucchini, sliced
Water
2 ears of corn
½ cup shell macaroni, uncooked
Salt to taste
½ teaspoon black pepper
3 tablespoons vegetable soup mix
Carrots

Method:

In a pot, sauté onions and garlic until translucent.
Add potatoes, carrots, peas, and zucchini.
Fill pot ¾ of the way with water.
Stir the ingredients and bring to a boil.
Add corn, macaroni, salt, pepper, and vegetable soup mix.
Simmer for 1 hour and stir occasionally.

Week Fifty-Two

Manday

Dietetic Chicken Cutlets

Take a chicken cutlet and put it in a pre-heated, very hot, nonstick pan. Crush fresh garlic on top. Sprinkle with some black pepper and onion powder. Leave it for 5 minutes, and then turn it over and do the same.

Mashed Potatoes

Cook peeled potatoes and mash it with lots of garlic and salt.

Squash

Sauté:

- Diced onion
- Diced squash
- Diced tomatoes

Then cook it on a low flame for 20–40 minutes. Spice with salt, black pepper and oregano.

Barley Split Pea Soup

Ingredients:

- ¼ cup barley
- 1½ cups yellow split peas
- 2-3 carrots, diced
- 1 onion, diced
- 1 sweet potato, diced

Method:

Put everything in a pot with salt, and spice to your taste. Cook for 2 hours.

Week Fifty-Two

Tuesday

Blended Vegetable Soup

Ingredients:

1-2 onions
4 carrots
2 sweet potatoes
3 squash
Celery

Method:

Cut them into big pieces and cover generously with water and blend it with a stick blender.

Chicken Wings

Ingredients:

2 pounds chicken wings and drumsticks
4 tablespoons Dijon mustard (*I used regular mustard*)
2 tablespoons honey
1 tablespoon lemon juice

Method:

Rinse and pat dry chicken, then trim off visible fat.

Place chicken in a large pot. Fill pot with cold water until chicken is covered by two inches.

Bring water to a boil and boil for 10 minutes.

While chicken is boiling, put remaining ingredients in a large Ziploc® bag and shake to mix.

Set broiler to high with the rack about 6 inches from the flame.

Once chicken is done, remove from water and add to bag.

Shake until all wings are fully covered with marinade.

Place chicken on a baking sheet and broil for 6 minutes on each side until skin starts to crisp.

Continued on next page

Week Fifty-Two

Tuesday

Brown Rice

For the simplest softest brown rice:

1. Boil up 12 cups of water. (*I do less.*)
2. When the water is boiling add 1 cup brown rice and spices.
3. Cook for 30 minutes
4. Drain and let stand covered for another 30 minutes.

Note: I do less water to more rice (usually 8 cups water to 1½ or 2 cups rice and it works fine)

Marinated Zucchini Salad

Ingredients:

6 small squash
4 carrots
2 green peppers
2 red peppers
2 yellow peppers
1 pound green snow peas
1 red onion
2 cans baby corn

Method:

Cut all the vegetables into round or small pieces and combine in the bowl.

Pour the dressing over the vegetables and let it marinate.

Dressing:

¾ cup sugar
½ cup oil
1 cup vinegar
1 teaspoon salt
Black pepper to taste

Week Fifty-Two

Wednesday

Cream of Asparagus Soup

Ingredients:

3 tablespoons flour
3 Tablespoons oil
1 small onion diced and sautéed
in the oil

Soup:

2 packages frozen asparagus
5 ounces coffee whitener
1 teaspoon garlic powder
1½ teaspoon salt
Pepper to taste

Method:

Stir the flour in 1 tablespoon oil over low heat until brown to form a roux.

Sauté onion in 2 tablespoons oil and combine with roux.

Fill a 6-quart pot with water and add the soup ingredients.

Cook for 20–30 minutes.

Add roux to the soup and cook it for 1 hour.

Blend.

Serve soup with croutons or peas.

Honey Drumsticks

Ingredients:

¼ cup honey
¼ cup ketchup
1 tablespoon soy sauce
2 teaspoons grated fresh ginger
10 chicken drumsticks

Method:

Heat oven to 400 degrees. Line the pan with foil. In a bowl,. combine the ingredients and coat the chicken. Bake for 30 minutes.

Sweet Potatoes

Ingredients:

Sweet potatoes, diced small
Lots of garlic
Salt and pepper

Method:

Drizzle some olive oil over the sweet potatoes. Bake until crispy on the outside. Mix frequently while baking.

Roasted Vegetables

Use whichever vegetables you prefer. For example:

Zucchini, yellow squash, mushrooms, baby carrots, grape tomatoes, red onion, various colored bell peppers, eggplant, green beans.

Season with olive oil, fresh garlic and salt. Roast for about 45 minutes.

Week Fifty-Two

Thursday

Vegetable-Pea Soup

Ingredients:

2 large onions, chopped coarsely
½ cup yellow split peas
½ cup green split peas
4 sweet potatoes, peeled
8 large carrots, peeled
4–6 zucchini, peeled
2 packages frozen butternut squash
1 leek, cleaned
1 parsnip, peeled
2 tablespoons salt
½ teaspoon pepper
4 cloves garlic, crushed
(Optionally, replace salt and pepper with 2 tablespoons each of onion soup mix and chicken soup mix.)

Method:

Sauté onions in a drop of oil. Add three quarts of water and bring to a boil. Add everything else. Lower flame and simmer, covered, for 1½ hours. Remove and discard leek and parsnip. Purée the soup in a blender or with stick blender. When reheating to serve, do not use a high flame, and stir frequently. Dilute as necessary with more water (or milk for milchig version). The soup should be very thick.

Tuna Pie

Pie crust:

2 cups flour
1 teaspoon baking powder
1 egg
1 margarine stick
¼ cup fruit juice
½ teaspoon salt

Method:

Form the crust and put it in a pie pan. Add the filling and bake until done (browned on edges).
*Option of just making the filling and add matzo meal to the mixture and form into patties. Coat each patty in breadcrumbs and bake as patties.

Filling:

1 can of tuna
1 big leek, sautéed
2 tablespoons mayonnaise
2 eggs
Pinch of salt

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Week Fifty-Two

Thursday

Salad

Ingredients:

Avocado diced
Cherry tomatoes halved
Purple onions in rings

Method:

Dress with lemon juice, salt, and garlic powder.

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Roasted Red Potatoes.....	38	Mon	217
Scalloped Potatoes.....	25	Tues	153
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Side Dishes

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Sweet Potatoes	52	Wed	293
Twice Baked Potatoes.....	45	Tues	254
World's Best Roasted Potatoes.....	7	Wed	61

Quinoa

Mushroom Quinoa	49	Tues	274
Rainbow Quinoa Salad.....	10	Tues	76

Rice

Rice.....	6	Tues	54
Brown Rice	11	Sun	79
Brown Rice	11	Thurs	83
Brown Rice	52	Tues	292
Complex Brown Rice	9	Thurs	73
Cumin Rice	40	Thurs	230
Fried Rice.....	16	Mon	106
Instant Rice Mix	47	Mon	263
Mushroom Rice	42	Thurs	240
Mushroom Rice	44	Sun	247
Oven Rice.....	48	Wed	270
Oven Rice.....	15	Tues	102
Rice.....	24	Wed	148
Rice.....	30	Tues	178
Rice.....	31	Mon	182
Rice and Mushrooms	5	Mon	46
Spanish Rice.....	28	Mon	167
Super Easy Rice Pilaf.....	14	Mon	95
Tomato Rice.....	42	Sun	236
White (or Brown) Rice with Veggies.....	45	Sun	252

Vegetables

Almond Green Beans.....	31	Tues	183
Baby Spinach and Portobello Mushrooms	2	Wed	30
Baked Butternut Squash Fries	6	Sun	51
Baked Vegetables	50	Wed	281
Broccoli.....	18	Tues	117
Broccoli Mix, Roasted in Oven.....	22	Mon	136
Bruschetta Zucchini	44	Mon	248
Crispy Baked Onion Rings.....	25	Mon	151
Dijon Broccoli.....	26	Wed	159
Frozen Broccoli.....	47	Mon	263
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Glazed Green Beans.....	6	Mon	53
Green Beans.....	11	Wed	82

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Side Dishes

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Mixed Vegetables.....	44	Sun	247
Oven Roasted Root Vegetables	10	Thurs	78
Popcorn Cauliflower	21	Mon	131
Portobello Mushrooms	31	Thurs	185
Roasted Broccoli.....	41	Wed	234
Roasted Broccoli.....	25	Tues	153
Roasted Broccoli.....	48	Sun	267
Roasted Brussels Sprouts	9	Tues	70
Roasted Carrots	7	Wed	60
Roasted Cauliflower	20	Mon	126
Roasted Green Beans.....	2	Thurs	31
Roasted Green Beans.....	49	Tues	274
Roasted Mushrooms and Broccoli.....	49	Wed	275
Roasted Onions	26	Sun	156
Roasted Vegetables.....	27	Mon	162
Roasted Vegetables.....	52	Wed	293
Shallots and String Beans.....	46	Sun	257
Snap Peas	47	Thurs	266
Spinach Pie.....	50	Thurs	282
Squash	52	Mon	290
Steamed Stir Fry Veggies	38	Tues	218
Steamed String Beans.....	17	Wed	113
Stewed Zucchini with Tomatoes	35	Tues	203
String Beans.....	18	Mon	116
String Beans.....	24	Wed	148
Sugar Snap Peas	12	Mon	85
Super Simple Grilled Veggies.....	9	Wed	72
Teriyaki String Beans	42	Thurs	240
Vegetable Potato Kugel.....	12	Thurs	88
Za'atar Cauliflower.....	47	Tues	264

Salads and Dressings

Dressings

Chummus.....	33	Thurs	195
Creamy Maple Dressing.....	3	Thurs	38
Dill Dip.....	27	Wed	164
Dressing for Salad and Wraps.....	22	Wed	138
Garlic-Dill Dressing for Cut up Veggies.....	14	Mon	95

Fruit

Strawberry Salad with Pink Yogurt Dressing	5	Thurs	50
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Salads and Dressings

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Angel Hair Pasta Salad	1	Sun	21
Angel Hair Pasta Salad	18	Sun	115
Sweet Potato			
Sweet Potato Tropical Salad	3	Thurs	38
Vegetable			
Cabbage Salad	49	Mon	273
Caesar Salad	2	Tues	29
Caesar Salad	12	Wed	87
Caesar Salad	13	Mon	90
Caesar Salad	44	Tues	249
Caesar Salad	46	Thurs	261
Caesar Salad	52	Sun	288
Caesar Salad with Homemade Croutons.....	26	Thurs	160
Chick Pea Salad.....	32	Thurs	190
Classic Lettuce Salad	45	Tues	254
Corn Salad	43	Wed	244
Craisin® Cabbage Salad	1	Mon	22
Crunch Salad	38	Wed	219
Cucumber Salad	49	Wed	275
Easy Salad	45	Mon	253
English Cucumber.....	32	Tues	188
Favorite Salad	16	Mon	106
Feta Cheese Salad	49	Thurs	276
Flat Pretzel Salad.....	31	Thurs	185
Flat Pretzel Salad.....	46	Wed	260
Fresh Salad	17	Sun	110
Fresh Salad	18	Thurs	119
Fresh Salad	48	Mon	268
Fresh Salad	49	Sun	272
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Green Salad	4	Sun	39
Green Salad	11	Sun	79
Green Salad	11	Thurs	83
Green Salad	20	Sun	125
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Green Salad with Garlic Dressing	1	Tues	23
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Salads and Dressings

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Israeli Salad	46	Tues	259
Israeli Salad	47	Wed	265
Israeli Salad	50	Tues	280
Lettuce and Cherry Tomato Salad with Italian Dressing	17	Tues	112
Lettuce Salad	12	Tues	86
Lettuce with Creamy Dressing	15	Mon	101
Lettuce with Creamy Garlic Dressing	4	Tues	41
Lettuce-Crouton Salad with Honey Garlic Dressing	42	Mon	237
Make-Your-Own-Green-Salad	3	Tues	35
Marinated Zucchini Salad	52	Tues	292
Mixed Vegetable Salad	19	Mon	121
Nish-Nosh® Salad	13	Wed	92
Nish-Nosh® Salad	34	Mon	197
Olive Salad	43	Sun	241
Purple Cabbage Salad	6	Tues	54
Salad	22	Thurs	139
Salad	25	Sun	150
Salad	36	Sun	206
Salad	52	Thurs	295
Taco Salad	8	Mon	64
Terra Stick Salad	26	Tues	158
Tomato Salad	43	Tues	243
Village Salad	14	Thurs	99

Soup

Potatoes

Creamy Potato Soup	11	Tues	81
Potato Leek Soup	26	Mon	157

Vegetable

Barley Split Pea Soup	52	Mon	290
Bean Soup	31	Tues	183
Blended Vegetable Soup	52	Tues	291
Broccoli Soup	45	Wed	255
Butternut Squash Soup	17	Tues	112
Butternut Squash Soup	25	Mon	151
Butternut Squash Soup	48	Sun	267
Carrot Soup	4	Mon	40

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Soup

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Cauliflower Soup	26	Wed	159
Cauliflower Soup	45	Sun	252
Cheesy Broccoli Soup.....	49	Thurs	276
Chicken Soup With Potatoes or Pasta.....	31	Thurs	185
Cheesy Potato Soup	46	Mon	258
Corn Soup	17	Mon	111
Cozy Vegetable Soup	52	Sun	289
Cream of Asparagus Soup.....	52	Wed	293
Cream of Carrot Soup	49	Tues	274
Cream of Chicken Soup	19	Sun	120
Creamed Squash Soup	38	Mon	217
Creamed Zucchini Soup.....	4	Tues	41
Creamy Vegetable Soup	46	Wed	260
Crockpot Mushroom Barley Soup	33	Wed	194
Easy Broccoli Zucchini Soup.....	7	Thurs	62
Leftover Shabbos Soup.....	37	Sun	211
Lentil Soup	29	Tues	173
Mushroom Barley Soup	4	Wed	42
Mushroom Barley Soup	13	Sun	89
Mushroom Barley Soup	18	Tues	117
Mushroom Soup	31	Sun	181
Onion Soup	5	Thurs	50
Onion Soup	16	Wed	108
Orange Soup.....	24	Mon	146
Orange Soup.....	36	Mon	207
Orange Vegetable Soup	7	Mon	58
Pumpkin Soup.....	12	Tues	86
Pumpkin Soup.....	13	Thurs	93
Roasted Red Bell Pepper Soup.....	1	Thurs	25
Split Pea and Lentil Soup	50	Mon	278
Split Pea Soup.....	16	Sun	105
Split Pea Soup.....	30	Sun	176
Split Pea Soup.....	31	Mon	182
Split Pea Soup.....	38	Thurs	220
Sunshine Vegetable Soup	3	Sun	32
Tomato and Roasted Red Pepper Soup.....	14	Thurs	99
Tomato Basil Soup	50	Tues	279
Tomato Rice Soup.....	20	Mon	126
Tomato Rice Soup.....	48	Tues	269
Vegetable Kasha Soup.....	4	Thurs	43
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Vegetable Soup	7	Sun	57
Vegetable Soup	14	Tues	96
Vegetable Soup	24	Thurs	149
Vegetable Barley Soup	20	Wed	128
Vegetable Pea Soup	52	Thurs	294
Vegetable Soup	43	Thurs	245
Vegetable Soup	46	Thurs	261
Veggie-Barley Soup	8	Tues	65
Zucchini Soup	18	Sun	115
Zucchini Soup	25	Wed	154
Zucchini Soup	27	Thurs	165
Zucchini Soup	37	Mon	212
Zucchini Soup	49	Sun	272

Breads and Doughs

Bread Machine Everything Dough.....	39	Sun	220
Flaky Quiche Pie Crust.....	14	Thurs	98
Garlic Toast	29	Tues	173
Pizza Dough.....	2	Tues	29
Pizza Dough (Best)	14	Tues	36
Totally Addictive Cornbread.....	12	Sun	84
Warm Crusty Baguettes.....	44	Thurs	250

Other

Coconut Milk.....	4	Mon	40
Whole Wheat Toasted Croutons	43	Thurs	245