



# Passover Recipe Collection

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# Smoked Salmon Latkes

4 SERVINGS 35 MINUTES



## INGREDIENTS

2 Russet Potato (medium, peeled)  
1/2 White Onion (medium)  
1 Egg  
Sea Salt & Black Pepper (to taste)  
3 tbsps Extra Virgin Olive Oil  
7 1/16 ozs Smoked Salmon (sliced)  
1/3 cup Cream Cheese, Regular  
1/4 cup Red Onion (thinly sliced)  
3 tbsps Capers  
1/2 Lemon (juiced)  
2 tbsps Fresh Dill

## NUTRITION

### AMOUNT PER SERVING

Calories	315	Cholesterol	76mg
Fat	19g	Sodium	605mg
Carbs	21g	Vitamin A	151IU
Fiber	2g	Vitamin C	11mg
Sugar	2g	Calcium	49mg
Protein	15g	Iron	2mg

## DIRECTIONS

- 01 In a medium bowl, grate the potatoes and onion. Transfer to a clean kitchen towel or a piece of cheesecloth. Squeeze as much liquid as possible from the grated vegetables.
- 02 Transfer to another bowl and add the egg, salt, and pepper. Mix well until combined.
- 03 Heat the oil in a large pan over medium heat. In batches, carefully drop two tablespoons of the potato mixture into oil for each latke, pressing to flatten. Cook until crisp and golden, about four minutes per side.
- 04 Drain on paper towel. Top each latke with smoked salmon, cream cheese, red onion, and capers. Squeeze the lemon juice on top and garnish with dill. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is three latkes with toppings.

### MORE FLAVOR

Top with avocado and/or cucumber.

### DAIRY-FREE

Use dairy-free cream cheese instead.

# Matzo Granola

7 SERVINGS 35 MINUTES



## INGREDIENTS

1/2 cup Pecans (roughly chopped)  
1/2 cup Walnuts (roughly chopped)  
1/2 cup Almonds (roughly chopped)  
1 cup Unsweetened Coconut Flakes  
1 oz Matzo (unsalted)  
1/4 cup Coconut Oil (melted, slightly cooled)  
1/4 cup Maple Syrup  
2 tsps Vanilla Extract  
1/2 tsp Cinnamon  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	359	Cholesterol	0mg
Fat	31g	Sodium	90mg
Carbs	19g	Vitamin A	5IU
Fiber	4g	Vitamin C	0mg
Sugar	9g	Calcium	55mg
Protein	5g	Iron	1mg

## DIRECTIONS

- 01 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, add the pecans, walnuts, almonds, coconut flakes, and matzo. Mix to combine.
- 03 Add the coconut oil, maple syrup, vanilla extract, cinnamon, and salt. Stir to combine.
- 04 Add the granola to the baking sheet and spread it out into an even layer. Bake for 20 to 25 minutes or until everything is golden brown. Check on it every five minutes and toss it around.
- 05 Remove from the oven and let it cool for 10 minutes. It will crisp up as it cools. Enjoy!

## NOTES

### LEFTOVERS

Store in the pantry in an airtight container for up to two weeks

### SERVING SIZE

One serving is approximately 1/2 cup.

### GLUTEN-FREE

Use gluten-free matzo.

# Smoked Salmon Egg Cups

3 SERVINGS 25 MINUTES



## INGREDIENTS

1 1/2 tsps Avocado Oil  
6 Egg  
1 tbsp Chives (chopped)  
Sea Salt & Black Pepper (to taste)  
1 cup Baby Spinach (chopped)  
4 ozs Smoked Salmon (roughly chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	210	Cholesterol	381mg
Fat	14g	Sodium	403mg
Carbs	1g	Vitamin A	1554IU
Fiber	0g	Vitamin C	3mg
Sugar	0g	Calcium	71mg
Protein	20g	Iron	2mg

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and lightly grease a muffin tray with oil or use a silicone muffin tray.
- 02 In a small bowl, whisk together the eggs, chives, salt and pepper.
- 03 Add the spinach and then the smoked salmon to the prepared muffin tray. Pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to two egg cups.

### MORE FLAVOR

Add fresh dill or capers to the muffin tins.

# Classic Latkes

4 SERVINGS 30 MINUTES



## INGREDIENTS

2 Russet Potato (medium, peeled)  
1/2 White Onion (medium)  
1 Egg  
Sea Salt & Black Pepper (to taste)  
3 tbsps Extra Virgin Olive Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	195	Cholesterol	47mg
Fat	11g	Sodium	31mg
Carbs	20g	Vitamin A	76IU
Fiber	2g	Vitamin C	8mg
Sugar	2g	Calcium	26mg
Protein	4g	Iron	1mg

## DIRECTIONS

- 01 In a medium bowl, grate the potatoes and onion. Transfer to a clean kitchen towel or a piece of cheesecloth. Squeeze as much liquid as possible from the grated vegetables.
- 02 Transfer to another bowl and add the egg, salt, and pepper. Mix well until combined.
- 03 Heat the oil in a large pan over medium heat. In batches, carefully drop approximately two tablespoons of potato mixture into oil for each latke, pressing to flatten. Cook until crisp and golden, about four minutes per side.
- 04 Drain on paper towels and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Reheat in a dry pan before serving.

### SERVING SIZE

One serving is equal to three latkes.

### MORE FLAVOR

Add your choice of spices.

### ADDITIONAL TOPPING

Top with cream cheese, cherry tomatoes, cucumber, smoked salmon, eggs, and/or avocado.

# Strawberry Asparagus Salad with Tahini Dressing

4 SERVINGS 20 MINUTES



## INGREDIENTS

- 2 cups Asparagus
- 4 cups Arugula
- 1 cup Radishes (thinly sliced)
- 1 cup Strawberries (thinly sliced)
- 1 cup Frozen Peas (thawed)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1 Lemon (juiced)
- 2 tbsps Water (warm)

## NUTRITION

### AMOUNT PER SERVING

Calories	171	Cholesterol	0mg
Fat	9g	Sodium	65mg
Carbs	20g	Vitamin A	1838IU
Fiber	6g	Vitamin C	41mg
Sugar	9g	Calcium	141mg
Protein	7g	Iron	4mg

## DIRECTIONS

- 01 Trim the woody ends from the asparagus and cut the spears in half.
- 02 Fill a steamer pot with water and bring to a boil. Place asparagus in the steaming basket and steam for about 5 to 7 minutes, or until tender. (Note: The thicker the spears, the longer they will need to steam.) Remove the steamer from stovetop and run the asparagus under cold water until completely cool.
- 03 Fill the bottom of a salad bowl with arugula. Top with sliced radishes, strawberries thawed green peas and asparagus.
- 04 In a small jar, combine the tahini, maple syrup, lemon juice and water. Shake well. Add more water to thin if necessary.
- 05 Drizzle desired amount of dressing over top of the salad and serve.

## NOTES

### CHEESE LOVER

Add crumbled plant-based feta cheese.

### NO ASPARAGUS

Use green beans instead.

### LEFTOVERS

Store in the fridge up to 2 days with the dressing on the side.

# Lightened Up Deviled Eggs

4 SERVINGS 30 MINUTES



## INGREDIENTS

4 Egg  
1 1/2 tbsps Water  
1 1/2 tbsps Extra Virgin Olive Oil  
2 tsps Lemon Juice  
1/4 tsp Cane Sugar  
1/8 tsp Sea Salt  
1/4 tsp Paprika  
1/2 stalk Green Onion (finely chopped;  
green parts only)

## NUTRITION

### AMOUNT PER SERVING

Calories	119	Cholesterol	186mg
Fat	10g	Sodium	145mg
Carbs	1g	Vitamin A	401IU
Fiber	0g	Vitamin C	1mg
Sugar	1g	Calcium	30mg
Protein	6g	Iron	1mg

## DIRECTIONS

- 01 Hard boil the eggs by bringing a small pot of salted water to a boil. Carefully place the eggs in the pot. Cover the pot with a lid and turn off the heat but keep the pot on the hot burner. Let it stand for 12 minutes and then drain the water. Place eggs in a bowl of ice water for 10 minutes or until cool.
- 02 Peel the eggs. Cut each one in half lengthwise and separate the yolks from the egg whites. Add the yolks to a small mixing bowl and mash with a fork until a fine crumb forms. Stir in water, olive oil, lemon juice, sugar, salt and paprika. Season with additional salt if needed.
- 03 Spoon the egg yolk mixture into the egg whites and garnish with green onions. Chill and enjoy!

## NOTES

### SERVE CHILLED

Best served after being refrigerated for at least one hour.

### SERVING SIZE

One serving is equal to two pieces.

### LEFTOVERS

Store in an airtight container for up to two days.

### MORE FLAVOR

Add a pinch of cayenne, garlic powder, onion powder or dried dill to the yolk mixture.

# Smoked Salmon Platter

2 SERVINGS 5 MINUTES



## INGREDIENTS

3 1/2 ozs Smoked Salmon (sliced)  
1/4 cup Cream Cheese, Regular  
1/2 Cucumber (medium, sliced)  
2 ozs Matzo  
1 tbsp Capers  
2 tbsps Red Onion (thinly sliced)  
1/4 Lemon (juiced)  
1 tbsp Fresh Dill

## NUTRITION

### AMOUNT PER SERVING

Calories	276	Cholesterol	38mg
Fat	11g	Sodium	567mg
Carbs	29g	Vitamin A	150IU
Fiber	2g	Vitamin C	6mg
Sugar	3g	Calcium	47mg
Protein	15g	Iron	2mg

## DIRECTIONS

01 Place all the ingredients on a board. Squeeze the lemon juice on top and sprinkle with fresh dill. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### MORE FLAVOR

Add avocado and hard boiled eggs.

### DAIRY-FREE

Use a dairy-free cream cheese.

# Chicken Matzo Ball Soup

4 SERVINGS 1 HOUR



## INGREDIENTS

- 1 1/2 ozs Matzo Meal
- 2 Egg
- 1/2 tsp Garlic Powder
- 3 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 11 ozs Chicken Thighs (boneless, skinless)
- 1 White Onion (medium, diced)
- 2 Carrot (medium, sliced)
- 2 stalks Celery (sliced)
- 2 Garlic (clove, minced)
- 6 cups Chicken Broth
- 2 tbsps Fresh Dill

## NUTRITION

### AMOUNT PER SERVING

Calories	311	Cholesterol	174mg
Fat	17g	Sodium	1534mg
Carbs	17g	Vitamin A	5368IU
Fiber	2g	Vitamin C	5mg
Sugar	5g	Calcium	62mg
Protein	23g	Iron	2mg

## DIRECTIONS

- 01 In a medium bowl, whisk together the matzo meal, eggs, garlic powder, and 2/3 of the oil. Season the mixture with salt and let it sit in the fridge for at least 30 minutes.
- 02 Meanwhile, warm up the remaining oil in a large pot. Brown the chicken on both sides for about eight minutes. Take the chicken out of the pot and set it aside.
- 03 Add the onion, carrot, and celery and sauté for about five minutes or until the onions are soft. Add garlic and sauté for another minute. Add the broth to the pot along with the chicken and season with salt and pepper. Bring to a simmer, cover the pot with a lid, and let simmer on low heat for about 20 minutes.
- 04 In the meantime, wet your hands and roll scoops of matzo batter into balls, approximately one tablespoon in size. Add the matzo balls to the pot. Take the chicken out, shred them with two forks, and transfer it back to the pot. Cover with a lid and simmer for another 20 minutes.
- 05 Just before serving, stir in the fresh dill. Divide evenly bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately two cups.

### ADDITIONAL TOPPINGS

Add lemon juice and parsley.

# Smoked Salmon Lettuce Rollup

1 SERVING 5 MINUTES



## INGREDIENTS

1/8 head Green Lettuce  
1 1/2 tbsps Cream Cheese, Regular  
1 1/16 ozs Smoked Salmon (sliced)  
1/4 Cucumber (sliced in quarters)

## NUTRITION

### AMOUNT PER SERVING

Calories	113	Cholesterol	27mg
Fat	8g	Sodium	303mg
Carbs	4g	Vitamin A	327IU
Fiber	0g	Vitamin C	2mg
Sugar	2g	Calcium	32mg
Protein	8g	Iron	1mg

## DIRECTIONS

- 01 Spread the cream cheese evenly onto the lettuce leaf.
- 02 In the center of the leaf, add the smoked salmon. Top with the sliced cucumber.
- 03 From the bottom of the lettuce leaf, roll up. Slice the roll in half, serve on a plate and enjoy!

## NOTES

### LEFTOVERS

This is best enjoyed immediately after making.

### SERVING SIZE

One serving size is equal to one lettuce wrap.

### MORE FLAVOR

Add in chopped dill and capers for extra flavor.

# Roasted Garlic & Asparagus Soup

4 SERVINGS 50 MINUTES



## INGREDIENTS

4 cups Asparagus (trimmed, cut in half)  
10 Garlic (cloves, peeled and cut in half)  
1/2 Yellow Onion (cut into thick slices)  
1/4 head Cauliflower (cut into florets)  
1 tbsp Extra Virgin Olive Oil  
1/2 tsp Sea Salt (divided)  
2 1/2 cups Vegetable Broth  
2 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	93	Cholesterol	0mg
Fat	4g	Sodium	731mg
Carbs	13g	Vitamin A	2749IU
Fiber	4g	Vitamin C	32mg
Sugar	5g	Calcium	78mg
Protein	5g	Iron	4mg

## DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 Toss the asparagus, garlic, onion and cauliflower with the olive oil and arrange in an even layer on the baking sheet. Season the vegetables with half of the salt then bake for 35 to 40 minutes or until the vegetables have caramelized and the garlic is fork-tender. Flip everything halfway through to prevent burning.
- 03 When the vegetables are just about done, heat the vegetable broth in a pot on the stove to a simmer. Add the spinach to the broth and stir to allow it to wilt.
- 04 To make the soup, transfer the warmed broth and spinach, the roasted vegetables and the remaining salt to a blender. Blend until smooth and creamy, allowing space for the heat to escape. If the soup is too thick, add more broth until your desired consistency is reached.
- 05 Divide between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is approximately 1 1/4 cups of soup.

### MORE FLAVOR

Add fresh herbs or black pepper to the soup before blending.

### ADDITIONAL TOPPINGS

Reserve a couple of spears of the roasted asparagus to chop and garnish the soup with.



**NO SPINACH**

Use kale instead.

**NO BLENDER**

Use an immersion hand blender or food processor instead.



# Pressure Cooker Steamed Artichokes

2 SERVINGS 25 MINUTES



## INGREDIENTS

- 2 Artichoke (washed)
- 1 cup Water
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsp Dijon Mustard
- 1/2 Lemon (juiced)
- 1 tsp Raw Honey
- 1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	319	Cholesterol	0mg
Fat	27g	Sodium	501mg
Carbs	17g	Vitamin A	17IU
Fiber	7g	Vitamin C	20mg
Sugar	4g	Calcium	69mg
Protein	4g	Iron	2mg

## DIRECTIONS

- 01 Prepare your artichokes by trimming the tips and excess stem. Snip the spiky ends of the leaves. Cut the base of the stem off so that the artichokes rest flat, bloom side up.
- 02 Place the rack insert into the pressure cooker so that the artichokes can sit above the water.
- 03 Add the water and then place the artichokes, stem side up on top of the rack in a single layer.
- 04 Close the lid and set to "sealing". Press manual/pressure cooker and cook for 15 minutes on high pressure. Once finished, manually release the pressure. Carefully remove the artichokes from the pressure cooker.
- 05 Meanwhile, in a small bowl or jar, mix the oil, mustard, lemon juice, honey, and salt.
- 06 Enjoy by peeling the artichoke leaves and dipping the fleshy end into the dressing. Use your teeth to scrape the flesh and discard the remaining of the leaf. Repeat until you reach the fuzzy choke. Scrape out and discard this part. Find the artichoke heart underneath, dip, and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to one artichoke.

### MORE FLAVOR

Try your favorite cold or hot dip. Add slices of lemon to the water before cooking.

### WASHING THE ARTICHOKES

The artichokes are carrying a lot of dirt. Make sure to plunge then into water and rinse thoroughly under running water before cooking.





# Matzo Ricotta Pizza

1 SERVING 20 MINUTES



## INGREDIENTS

1/4 cup Ricotta Cheese  
1 tbsp Basil Leaves (chopped, plus extra for garnish)  
1/4 Lemon (juiced and zested)  
Sea Salt & Black Pepper (to taste)  
1 1/16 ozs Matzo  
1/3 cup Marinara Sauce  
1 tbsp Parmigiano Reggiano (grated)

## NUTRITION

### AMOUNT PER SERVING

Calories	283	Cholesterol	37mg
Fat	11g	Sodium	293mg
Carbs	33g	Vitamin A	733IU
Fiber	2g	Vitamin C	13mg
Sugar	3g	Calcium	226mg
Protein	11g	Iron	2mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 In a bowl, combine together the ricotta, basil, lemon juice, and zest. Season with salt and pepper.
- 03 Place matzo on the baking sheet. Spread the marinara evenly over the matzo. Spoon the ricotta mixture on top and sprinkle with parmesan cheese.
- 04 Bake in the oven for 12 to 15 minutes. Garnish with basil leaves and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to two days. Reheat in the oven until warmed through.

### SERVING SIZE

One serving is one matzo pizza.

### MAKE IT VEGAN

Use plant based cheese instead.

### ADDITIONAL TOPPINGS

Add mushrooms and chili flakes.

# Vegetable Matzo Ball Soup

4 SERVINGS 50 MINUTES



## INGREDIENTS

2 1/2 ozs Matzo Meal  
2 Egg  
1/2 tsp Garlic Powder  
3 tbsps Extra Virgin Olive Oil (divided)  
Sea Salt & Black Pepper (to taste)  
1 White Onion (medium, diced)  
2 Carrot (medium, chopped)  
2 stalks Celery (sliced)  
2 Garlic (clove, minced)  
6 cups Vegetable Broth  
2 tbsps Fresh Dill

## NUTRITION

### AMOUNT PER SERVING

Calories	237	Cholesterol	93mg
Fat	13g	Sodium	1056m...
Carbs	24g	Vitamin A	6131IU
Fiber	2g	Vitamin C	6mg
Sugar	5g	Calcium	52mg
Protein	7g	Iron	1mg

## DIRECTIONS

- 01 In a medium bowl, whisk together the matzo meal, eggs, garlic powder, and 2/3 of the oil. Season the mixture with salt and let sit in the fridge for at least 30 minutes.
- 02 Meanwhile, warm up the remaining oil in a large pot. Add the onion, carrot, and celery and sauté for about five minutes or until the onions are soft. Add garlic and sauté for another minute.
- 03 Add the broth to the pot and season with salt and pepper. Bring to a simmer, cover the pot with a lid, and let it simmer on low heat for about 15 minutes.
- 04 In the meantime, wet your hands and roll scoops of matzo batter into balls, approximately one tablespoon in size. Add the matzo balls to the pot, cover, and simmer for another 20 minutes. Just before serving, stir in the fresh dill. Divide between serving bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately two cups.

### MORE FLAVOR

Add parsley and bay leaves.

# Slow Cooker Beef Meatballs

4 SERVINGS 5 HOURS



## INGREDIENTS

4 Garlic (large cloves, divided)  
3 cups Canned Whole Tomatoes (drained)  
2 tbsps Tomato Paste  
1/2 Yellow Onion (chopped)  
1/4 tsp Red Pepper Flakes  
1 1/3 tbsps Italian Seasoning (divided)  
1 tsp Sea Salt (divided)  
1 lb Extra Lean Ground Beef  
1/4 cup Almond Flour  
1 Egg

## NUTRITION

### AMOUNT PER SERVING

Calories	313	Cholesterol	120mg
Fat	16g	Sodium	1019mg
Carbs	12g	Vitamin A	1002IU
Fiber	3g	Vitamin C	21mg
Sugar	7g	Calcium	80mg
Protein	28g	Iron	5mg

## DIRECTIONS

- 01 Roughly chop half of the garlic cloves then add to a blender or food processor with the tomatoes, tomato paste, onion, red pepper flakes, half of the Italian seasoning, and half of the salt. Pulse four to five times until combined and the ingredients are finely chopped. Set aside.
- 02 Add the beef to a mixing bowl. Mince the remaining garlic and add to the meat along with the remaining Italian seasoning, remaining salt, almond flour, and egg. Mix well.
- 03 Form the meat mixture into balls approximately one to two inches in diameter and place them in the bottom of the slow cooker.
- 04 Pour the tomato sauce over top of the meatballs. Cover and cook on high for four and a half hours or low for eight hours. Stir well and season with additional salt if needed.
- 05 To serve, divide meatballs between plates and top with a generous amount of sauce. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately four to five meatballs.

### MORE FLAVOR

Season meatballs with other dried herbs, like basil, oregano, and/or rosemary.

### ADDITIONAL TOPPINGS

Grated parmesan cheese or fresh herbs like basil and parsley.

### SERVE IT WITH

Cooked noodles, cauliflower rice, quinoa, rice, or roasted vegetables.



**NO CANNED WHOLE TOMATOES**

Used canned diced tomatoes instead.



# Lamb Chops with Green Goddess Dressing

2 SERVINGS 30 MINUTES



## INGREDIENTS

8 ozs Lamb Shoulder Chop  
1/2 tsp Sea Salt (divided)  
1/4 cup Cilantro (finely chopped)  
1/4 cup Mint Leaves (finely chopped)  
1 Lime (juiced, zested)  
2 tbsps Extra Virgin Olive Oil  
1 Garlic (clove, minced)  
1 tsp Avocado Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	336	Cholesterol	67mg
Fat	26g	Sodium	686mg
Carbs	3g	Vitamin A	306IU
Fiber	0g	Vitamin C	9mg
Sugar	0g	Calcium	46mg
Protein	24g	Iron	2mg

## DIRECTIONS

- 01 Generously season both sides of each lamb chop with half of the sea salt. Let sit for 15 to 20 minutes to tenderize.
- 02 In a small bowl, add the cilantro, mint, lime juice and zest, extra virgin olive oil, garlic and remaining salt. Stir to combine.
- 03 Heat a grill pan over medium-high heat and add the avocado oil. Add the lamb chops to the pan and cook about 5 minutes per side, for medium-rare.
- 04 Remove the lamb chops from pan and place on a cutting board to rest a few minutes.
- 05 Plate the lamb chops and top with the green dressing. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MAKE IT A MEAL

Serve with roasted veggies, quinoa, rice and/or a side salad.

# One Pan Crispy Chicken with Potatoes & Greens

2 SERVINGS 35 MINUTES



## INGREDIENTS

8 ozs Chicken Thighs with Skin  
2 cups Mini Potatoes (halved)  
1/8 tsp Sea Salt  
1 tbsp Rosemary (chopped)  
2 cups Kale Leaves (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	375	Cholesterol	111mg
Fat	19g	Sodium	260mg
Carbs	28g	Vitamin A	1127IU
Fiber	4g	Vitamin C	49mg
Sugar	1g	Calcium	82mg
Protein	22g	Iron	2mg

## DIRECTIONS

- 01 Preheat the oven to 425°F (218°C).
- 02 Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
- 03 After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
- 04 Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
- 05 Divide the chicken, potatoes and kale onto plates and enjoy!

## NOTES

### NO ROSEMARY

Use thyme or another herb instead.

### NO KALE

Use another green such as Swiss chard or spinach.

### LEFTOVERS

Store in an airtight container in the fridge up to 3 days.

# Roasted Cornish Hen with Potatoes

2 SERVINGS 1 HOUR 10 MINUTES



## INGREDIENTS

- 1 Sweet Potato (large, chopped into large chunks)
- 1 Yellow Potato (large, chopped into large chunks)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1 tsp Dried Rosemary
- 1/2 tsp Dried Thyme
- 1/2 tsp Sea Salt
- 4 ozs Cornish Hen (meat and skin)

## NUTRITION

### AMOUNT PER SERVING

Calories	343	Cholesterol	57mg
Fat	18g	Sodium	667mg
Carbs	32g	Vitamin A	9313IU
Fiber	5g	Vitamin C	23mg
Sugar	4g	Calcium	51mg
Protein	13g	Iron	2mg

## DIRECTIONS

- 01 Preheat the oven to 450°F (230°C).
- 02 Add the sweet potato and yellow potato to a baking dish and toss in half the oil.
- 03 Combine the remaining oil, rosemary, thyme, and salt in a bowl. Place the cornish hen on top of the potatoes and rub evenly with the mixture.
- 04 Reduce the heat to 400°F (205°C) and bake until the Cornish hen is cooked through, about one hour.
- 05 Remove from the oven, cover with foil and let sit for 10 minutes. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

Each serving equals approximately two ounces of cornish hen meat and skin and one cup of potatoes.

### CORNISH HEN

A 1.5 lb cornish hen will yield approximately four ounces of meat and skin.

### ADDITIONAL TOPPING

Serve it with a side salad, sauerkraut or other pickled vegetables.

# Braised Beef Brisket with Carrots & Tomatoes

5 SERVINGS 5 HOURS



## INGREDIENTS

3 lbs Beef Brisket  
Sea Salt & Black Pepper (to taste)  
1 tbsp Extra Virgin Olive Oil  
2 Yellow Onion (medium, sliced into thick chunks)  
2 Carrot (medium, chopped into large pieces)  
3 stalks Celery (chopped into large pieces)  
4 Garlic (cloves, whole, smashed)  
1/2 cup Beef Broth  
2 tbsps Tomato Paste  
1 cup Canned Whole Tomatoes (with juices)

## NUTRITION

### AMOUNT PER SERVING

Calories	503	Cholesterol	169mg
Fat	23g	Sodium	394mg
Carbs	13g	Vitamin A	4482IU
Fiber	3g	Vitamin C	9mg
Sugar	7g	Calcium	63mg
Protein	58g	Iron	8mg

## DIRECTIONS

- 01 Season the brisket all over with salt and pepper. Preheat the oven to 300°F (150°C).
- 02 Heat a large dutch oven over medium heat and add the oil. Once hot, add the brisket and sear on all sides, until browned, about five minutes per side. Remove and set aside.
- 03 Add the onion, carrot, celery, and garlic. Cook, stirring often, for about five minutes. Add the broth and scrape up any brown bits and bring to a low simmer.
- 04 Add the tomato paste and cook, stirring occasionally, for two minutes. Then add the tomatoes and crush them with the back of a wooden spoon or spatula.
- 05 Return the brisket to the pot and cover. Transfer to the oven and cook for 3 1/2 to four hours, until the brisket is cooked through to 200°F (95°C) and a fork easily pierces through.
- 06 Remove the brisket and set it on a plate, covered loosely with foil. Let it rest for 30 minutes. Slice against the grain. Divide evenly between plates and top with vegetables and liquid from the pot. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze leftover slices in a vacuum sealed bag (or freezer safe bag) for up to two months.

### SERVING SIZE

One serving is about two to three thick slices.

### MAKE AHEAD

Brisket can be braised a day or two ahead and kept whole. Simply reheat over low heat with the sauce and veggies and then slice before serving.



#### **MORE FLAVOR**

Add bay leaves, and/or thyme to the braising liquid while cooking. Remove before serving. Use a dry red wine instead of broth for deeper flavor.



# Lemony Roasted Chicken, Carrots & Chickpeas

3 SERVINGS 40 MINUTES



## INGREDIENTS

1 lb Chicken Thighs (skin-on, bone-in)  
1 3/4 cups Chickpeas (cooked, rinsed)  
4 Carrot (peeled, chopped)  
1/2 cup Cherry Tomatoes (halved)  
1/4 cup Shallot (chopped)  
1 tbsp Extra Virgin Olive Oil  
1/2 Lemon (juiced)  
2 tsps Nigella Seeds  
1/2 tsp Sea Salt  
1 tbsp Fresh Dill (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	437	Cholesterol	142mg
Fat	14g	Sodium	605mg
Carbs	39g	Vitamin A	13872I...
Fiber	11g	Vitamin C	14mg
Sugar	10g	Calcium	113mg
Protein	40g	Iron	5mg

## DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Grease a cast iron skillet.
- 02 Add the chicken, chickpeas, carrots, tomatoes, and shallot to the skillet.
- 03 In a separate bowl, mix the oil, lemon juice, nigella seeds, and salt. Pour this over the skillet ingredients evenly and use your hands to rub the mixture in.
- 04 Cook in the oven for 30 minutes or until the chicken is cooked through and the carrots are tender. To make the skin crispier you can broil for one to two minutes, if desired.
- 05 Garnish with dill and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1 1/2 chicken thighs and one cup of the chickpea mixture.

### ADDITIONAL TOPPINGS

Add yogurt, pine nuts and/or chopped walnuts.

### NO NIGELLA SEEDS

Use sesame seeds instead.

# Pressure Cooker Pot Roast

8 SERVINGS 1 HOUR 30 MINUTES



## INGREDIENTS

- 2 tbsps Extra Virgin Olive Oil
- 2 3/4 lbs Chuck Roast (boneless)
- 2 tbsps Steak Spice Seasoning
- 2 cups Beef Broth
- 2 tbsps Worcestershire Sauce
- 1 Yellow Onion (large, chopped)
- 4 Garlic (cloves, minced)
- 1 tbsp Dried Thyme
- 4 cups Mini Potatoes
- 4 cups Baby Carrots

## NUTRITION

### AMOUNT PER SERVING

Calories	540	Cholesterol	115mg
Fat	35g	Sodium	539mg
Carbs	24g	Vitamin A	11519IU
Fiber	4g	Vitamin C	22mg
Sugar	6g	Calcium	86mg
Protein	30g	Iron	6mg

## DIRECTIONS

- 01 Turn the pressure cooker to "sauté" mode. Once hot, add the oil and the meat. Sear the roast on all sides until browned then season with the steak spice seasoning.
- 02 Add the broth, Worcestershire sauce, onion, garlic, and thyme. Close the lid and set to "sealing". Press manual/pressure cooker and cook for 45 minutes on high pressure. When the cook time is up, let the pressure to release naturally for 10 minutes and then do a quick release.
- 03 Stir in the potatoes and the carrots. Close the lid and set to "sealing". Press manual/pressure cooker and cook for 10 minutes on high pressure. When the cook time is up, let the pressure to release naturally for 10 minutes and then do a quick release.
- 04 Transfer the roast to a cutting board and use two forks to shred the meat into chunks.
- 05 Place the shredded meat on a serving platter. Add the vegetables and drizzle with the sauce. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days or freeze for up to three months.

### SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

### MORE FLAVOR

Try adding a slurry (equal parts cornstarch and water, whisked together) to the sauce to make a gravy. Once everything is cooked and meat and vegetables are removed from the pot, turn the pressure cooker to "sauté" mode, stir in the slurry and cook till thickened.



**ADDITIONAL TOPPINGS**

Parsley, fresh thyme.



# Tamarind Glazed Carrots

2 SERVINGS 25 MINUTES



## INGREDIENTS

2 tbsps Tamarind Paste  
1 1/2 tsps Water  
1 tsp Raw Honey  
1/2 tsp Cumin  
1/4 tsp Chili Flakes  
Sea Salt & Black Pepper (to taste)  
4 Carrot (medium, cut in half lengthwise)  
1 tbsp Cilantro

## NUTRITION

### AMOUNT PER SERVING

Calories	77	Cholesterol	0mg
Fat	0g	Sodium	565mg
Carbs	19g	Vitamin A	20422...
Fiber	3g	Vitamin C	7mg
Sugar	11g	Calcium	46mg
Protein	1g	Iron	1mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 In a small bowl, mix together the tamarind, water, honey, cumin, and chili flakes. Season the mixture with salt and pepper.
- 03 Place the carrots on the prepared baking sheet. Brush the carrots all over with the tamarind mixture. Bake in the oven for 15 to 20 minutes or until the carrots are tender. Top with cilantro and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

### MORE FLAVOR

Add garlic and red onion.

### NO CILANTRO

Omit or use parsley or green onion instead.

# Potato Kugel

8 SERVINGS 1 HOUR 15 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil (divided)  
4 Russet Potato (medium)  
1/2 Yellow Onion (large)  
2 Egg  
1 tbsp Potato Starch  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	123	Cholesterol	47mg
Fat	3g	Sodium	30mg
Carbs	21g	Vitamin A	76IU
Fiber	2g	Vitamin C	7mg
Sugar	2g	Calcium	25mg
Protein	4g	Iron	1mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Use half of the oil to grease a baking dish and place in the oven while it preheats.
- 02 In a medium bowl, grate the potatoes and onion. Transfer to a clean kitchen towel or a piece of cheesecloth. Squeeze as much liquid as possible from the grated vegetables.
- 03 In a large bowl, whisk the eggs very well.
- 04 Transfer the shredded potato and onion into the bowl with the eggs. Add the potato starch, salt, and pepper. Mix well until combined.
- 05 Remove the hot baking dish from the oven and add the potato mixture to it. Press down with a spatula until the top is smooth. Drizzle on the remaining oil. Transfer to the oven and bake for 55 to 65 minutes, until browned and crispy on top and a fork inserted easily pierces through. Cover with foil if needed to prevent too much browning on top.
- 06 Let cool slightly and then cut into squares. Divide onto plates, season with more salt and pepper if needed and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

A 6 x 9-inch baking dish was used to make eight servings. One serving is one square.

### EXTRA CRISPY

Broil for one to two minutes at the end to brown and crisp the top more. Watch carefully to avoid burning.

**SHORT ON TIME**

Use a food processor with the grating attachment to easily grate the potatoes and onion.



# Crispy Smashed Brussels Sprouts

2 SERVINGS 35 MINUTES



## INGREDIENTS

2 cups Brussels Sprouts (trimmed, outer leaves peeled)  
1 tbsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	98	Cholesterol	0mg
Fat	7g	Sodium	22mg
Carbs	8g	Vitamin A	664IU
Fiber	3g	Vitamin C	75mg
Sugar	2g	Calcium	37mg
Protein	3g	Iron	1mg

## DIRECTIONS

- 01 Preheat the oven to 425°F (220°C).
- 02 Bring a large pot of water to a boil. Add the Brussels sprouts and boil for 10 minutes or until fork tender. Drain and transfer to a baking sheet.
- 03 Using the bottom of a mug or jar, smash the Brussels sprouts. Drizzle with olive oil and season with salt and pepper. Cook for 20 minutes or until crispy and browned. Divide onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals approximately one cup.

### ADDITIONAL TOPPINGS

Serve with a dip of your choice.

# Balsamic & Honey Roasted Carrots

2 SERVINGS 30 MINUTES



## INGREDIENTS

3 Carrot (large, peeled and cut on the bias)  
1 tbsp Extra Virgin Olive Oil  
1 3/4 tbsps Balsamic Vinegar  
1 tsp Honey  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	120	Cholesterol	0mg
Fat	7g	Sodium	67mg
Carbs	14g	Vitamin A	15286...
Fiber	3g	Vitamin C	5mg
Sugar	9g	Calcium	34mg
Protein	1g	Iron	0mg

## DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking dish with parchment paper.
- 02 In a bowl toss the carrots with the oil, balsamic and honey. Add sea salt and pepper to taste. Spread the carrots out in the baking dish and roast for 25 to 30 minutes.
- 03 Divide the carrots evenly between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1/2 cup.

### MORE FLAVOR

Add minced garlic to the carrots before roasting.

### ADDITIONAL TOPPING

Add chopped parsley, cilantro, or dill as garnish.

### MAKE IT VEGAN

Use maple syrup instead of honey.

# Lemon Pepper Asparagus

4 SERVINGS 20 MINUTES



## INGREDIENTS

3 cups Asparagus (trimmed)  
1 tbsp Extra Virgin Olive Oil  
2 tbsps Lemon Juice (divided)  
1/2 tsp Black Pepper  
1/8 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	53	Cholesterol	0mg
Fat	4g	Sodium	76mg
Carbs	5g	Vitamin A	762IU
Fiber	2g	Vitamin C	9mg
Sugar	2g	Calcium	26mg
Protein	2g	Iron	2mg

## DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 Toss the asparagus with the oil and half the lemon juice. Arrange in a single layer on the baking sheet and season with black pepper and salt. Bake for 13 to 15 minutes or until the asparagus are tender, flipping halfway through.
- 03 Remove from the oven and drizzle with the remaining lemon juice. Season with additional salt and pepper if needed. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days. Serve leftover asparagus with additional lemon juice.

### MORE FLAVOR

Add lemon zest or garlic powder.

### ASPARAGUS

Three cups of asparagus is approximately 1 lb or 454 grams. Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.

# Crispy Smashed Potatoes

4 SERVINGS 20 MINUTES



## INGREDIENTS

4 cups Mini Potatoes (halved)  
2 tbsps Extra Virgin Olive Oil  
2 Garlic (cloves, minced)  
1 tbsp Rosemary (chopped)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	178	Cholesterol	0mg
Fat	7g	Sodium	10mg
Carbs	27g	Vitamin A	16IU
Fiber	3g	Vitamin C	30mg
Sugar	1g	Calcium	22mg
Protein	3g	Iron	1mg

## DIRECTIONS

- 01 Line a baking sheet with parchment paper.
- 02 Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
- 03 Preheat oven to broil.
- 04 Drain the potatoes and spread evenly across the baking sheet. Roughly smash the potatoes with the back of a fork.
- 05 Drizzle with olive oil, then sprinkle garlic, rosemary, salt and pepper over top. Broil in the oven until crispy, about 3-5 minutes.

## NOTES

### NO POTATOES

Use sweet potatoes or cauliflower instead.

### MORE TOPPINGS

Add pats of butter, ghee, feta, parmesan, nutritional yeast or pesto.

### LEFTOVERS

Store in the fridge and reheat in the oven, or in a skillet with a bit of oil.

# Spiced Macaroons

20 SERVINGS 25 MINUTES



## INGREDIENTS

1/3 cup Coconut Butter  
1 tsp Cinnamon  
1/2 tsp Ground Cloves  
2 tbsps Maple Syrup  
2 cups Unsweetened Shredded Coconut

## NUTRITION

### AMOUNT PER SERVING

Calories	87	Cholesterol	0mg
Fat	8g	Sodium	4mg
Carbs	5g	Vitamin A	0IU
Fiber	2g	Vitamin C	0mg
Sugar	2g	Calcium	4mg
Protein	1g	Iron	0mg

## DIRECTIONS

- 01 Preheat the oven to 325°F (163°C). Line a baking sheet with parchment paper or a silicone baking mat.
- 02 In a saucepan over low heat, combine the coconut butter, cinnamon, cloves and maple syrup. Heat just until melted, stirring frequently. Remove from heat and gently fold in the shredded coconut using a spatula.
- 03 Very tightly pack the mixture into a tablespoon. Add more coconut butter or oil if the mixture is too loose.
- 04 Push down the edge of the macaroon with your thumb to help release it from the spoon. Transfer to the baking sheet and repeat for the remainder of the mixture.
- 05 Bake for 10 minutes or until golden brown. Let the macaroons cool completely to allow them to firm up. If the macaroons are too crumbly, freeze them before serving. Enjoy!

## NOTES

### LEFTOVERS

Freeze in an airtight container for up to three months. For best results, serve from frozen (no need to thaw).

### SERVING SIZE

One serving equals approximately one macaroon.

### NO COCONUT BUTTER

Use egg whites instead of coconut butter. This swap will make the macaroons more firm.

# Mini Flourless Chocolate Cake

6 SERVINGS 40 MINUTES



## INGREDIENTS

1/16 oz Avocado Oil Spray  
2 2/3 ozs Dark Chocolate (at least 70% cacao)  
2 tbsps Butter  
2 Egg (yolk and white separated)  
2 tbsps Coconut Sugar  
1 tsp Cocoa Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	144	Cholesterol	73mg
Fat	11g	Sodium	27mg
Carbs	9g	Vitamin A	213IU
Fiber	1g	Vitamin C	0mg
Sugar	6g	Calcium	20mg
Protein	3g	Iron	2mg

## DIRECTIONS

- 01 Preheat the oven to 300°F (150°C). Grease ramekins or a muffin tray with the oil spray, or use a silicone muffin tray.
- 02 Add the chocolate and butter to a large glass bowl. Slowly heat the chocolate and butter in 20-second increments in the microwave.
- 03 In a bowl of a stand mixer, add the egg whites. With a whisk attachment, beat the egg whites on medium-high until soft peaks form. Slowly add the coconut sugar while beating, about one tablespoon at a time, until fully incorporated.
- 04 Add the egg yolks to the chocolate mixture and mix well. Add 1/3 of the egg whites to the chocolate, then stir to combine and lighten the chocolate mixture. Gently fold in the remaining egg whites.
- 05 Pour the batter into the ramekins or muffin cups and bake for 15 to 20 minutes. Let the cakes cool completely, then remove them from the muffin tray. Dust with cacao powder before serving and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is equal to one mini chocolate cake.

### MORE FLAVOR

Add vanilla or espresso powder.

### AVOCADO OIL SPRAY

One gram (or 0.03 ounces) of avocado oil spray is equal to a one-second spray.



# Strawberry Rhubarb with Banana Cashew Cream

2 SERVINGS 15 MINUTES



## INGREDIENTS

- 1 cup Rhubarb (chopped)
- 1 cup Strawberries (sliced)
- 3/4 cup Cashews (soaked for 1 hour and drained)
- 1/2 cup Water
- 1 Banana (large, ripe)

## NUTRITION

### AMOUNT PER SERVING

Calories	385	Cholesterol	0mg
Fat	24g	Sodium	13mg
Carbs	39g	Vitamin A	109IU
Fiber	6g	Vitamin C	52mg
Sugar	14g	Calcium	96mg
Protein	10g	Iron	4mg

## DIRECTIONS

- 01 Place rhubarb and strawberries in a sauce pan over medium heat. Stir occasionally for about 10 minutes or until rhubarb starts to break down and a sauce starts to form. Turn off the heat and set aside to cool while you prepare the rest.
- 02 Combine cashews, water and banana in a blender. Blend very well until smooth and creamy.
- 03 Divide the stewed strawberry rhubarb in between small glasses or jars and spoon the cashew banana cream over top. Garnish with extra fruit or nuts. Enjoy!

## NOTES

### TOPPINGS

Sprinkle with shredded coconut, pistachios, slivered almonds or extra fruit.

### MORE PROTEIN

Add protein powder or hemp seeds into the blender before blending the banana cashew cream.

### CHOCOLATE LOVER

Add cocoa powder into the blender before blending the banana cashew cream.

# Strawberries & Coconut Whip

2 SERVINGS 10 MINUTES



## INGREDIENTS

1 cup Strawberries  
1 cup Coconut Whipped Cream

## NUTRITION

### AMOUNT PER SERVING

Calories	83	Cholesterol	0mg
Fat	4g	Sodium	1mg
Carbs	14g	Vitamin A	9IU
Fiber	1g	Vitamin C	42mg
Sugar	8g	Calcium	12mg
Protein	0g	Iron	0mg

## DIRECTIONS

01 Divide strawberries and coconut whipped cream into cups or small bowls.  
Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the strawberries and coconut whipped cream in separate airtight containers for up to four days.

### NO COCONUT WHIPPED CREAM

Use regular whipped cream, Greek yogurt, coconut yogurt, or whipped aquafaba.

### ADDITIONAL TOPPINGS

Add bee pollen, coconut chips, hemp seeds, maple syrup, honey or maple butter.

### COCONUT WHIPPED CREAM

Use a store-bought can or make your own.