



OJCS Shavuot Recipe Book 2023



Ottawa Jewish
Community School
Established in 1949 as Hillel Academy

30 Minute Coconut Curry Noodle Soup with Chili Crisp Chickpeas

From Half Baked Harvest

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh chopped ginger
- 1 shallot, chopped
- 1/4 cup Thai red curry paste
- 2 cans (14 ounces) full-fat coconut milk
- 2-3 cups low-sodium broth
- 3 tablespoons fish sauce (or use soy sauce)
- 3 tablespoons creamy peanut butter
- 1 bunch broccolini (or 3 cups spinach)
- 1/4 cup fresh cilantro or Thai basil, chopped
- 8 ounces egg or rice noodles
- limes and peanuts, for serving

Chili Crisp Chickpeas

- 1 can (14 ounces) chickpeas, drained, plus patted dry
- 1/4 cup tamari/soy sauce
- 1 tablespoon pure maple syrup
- 1/2 cup flaked unsweetened coconut
- 3 tablespoons sesame seeds
- 1/4 cup chili oil

Instructions

1. To make the chickpeas. Preheat oven to 425° F.
2. On a baking sheet, toss the chickpeas with olive oil, tamari, maple syrup, and pepper. Bake for 15 minutes. Add the coconut and sesame seeds, toss and bake 5-10 minutes, until extra crisp. Remove and toss with chili oil.
3. To make the soup. In a large pot, set over medium heat, cook the olive oil with the shallots, ginger, and red curry paste. Cook until fragrant, about 2

minutes. Stir in the coconut milk, broth, fish sauce, peanut butter, and a pinch of black pepper. Simmer over medium heat, 5-8 minutes. Stir in the broccoli or spinach, and the cilantro.

4. 4. Meanwhile, cook the noodles according to package directions.
5. 5. Divide the noodles between bowls and ladle the soup over. Top each bowl with chickpeas, limes, and herbs.

Submitted by Stacey Rich for Ruby Rich Grade 2

Ambrosia Salad- Asher

- In a large bowl, stir together the whipped topping and sour cream (or yogurt). (photo 1)
- Carefully fold the remaining ingredients into a whipped topping mixture using a spatula. (photo 2)
- Chill for at least 1 hour before serving. (photo 3)
- Store leftovers in an air-tight container and refrigerate.



A combination of tropical fruit includes canned pineapple, canned mandarin oranges, and shredded coconut. The fun part of this dessert is the addition of maraschino cherries, mini marshmallows, and chopped nuts.

Finished product:



Apple and Celery Root Soup
From Talia (Grade 2)

INGREDIENTS

2 tbsp Olive oil
2 cloves Garlic (minced)
1/2 cup Onion (diced)
1 medium Bay leaf
1 lb Celery root (cubed)
1 cup Cauliflower florets
2-3 small Apples (cubed)
6 cups vegetable broth
1 tsp Sea salt
1/2 tsp Black pepper
1/2 cup Heavy cream (or full-fat coconut milk for dairy-free)

DIRECTIONS

1. Heat the olive oil in a Dutch oven over medium heat. Add the garlic, onion and bay leaf. Sauté for 3-5 minutes, until the onion is translucent and the garlic is fragrant.
2. Add the cubed celery root, apples, cauliflower florets, vegetable broth, sea salt, and black pepper to the pot and bring to a boil. Reduce the heat to medium-low and simmer for 20 minutes, until the Celery root is tender.
3. Remove from the heat and remove the bay leaf. Add the heavy cream. Blend with an immersion blender, until the soup is smooth and creamy. Simmer for 5 more minutes.

Bread – a thicker sliced bread such as
texas toast works best

Butter – use a generous 1/2 Tbsp of
butter on each slice of bread. We use
unsalted but any butter will work here.

Cheese – we use a combination of
sliced medium cheddar, gouda and
Havarti cheese.

Butter the toast – spread 1/2 Tbsp
butter on one side of each slice of
bread.

Heat skillet – place a skillet over low to
medium/low heat. A griddle should be
at 275°F. Immediately add 2 slices of
bread with the butter-side-down.

Add cheese – stack cheeses on one of
the pieces of bread, cover with the
other piece of toast and flip the
sandwich over.

Brown the toast – Continue sauteeing,
flipping once, until both sides are
golden brown and cheese is melted.

Serve – cut the sandwich in half on the
diagonal to serve



Shakshuka

Rabbi Kenter's Special Recipe

"WE LOVE CEREAL AND MILK IN MY HOUSE OR WAFFLES FOR WEEKDAYS... BUT EVERY SUNDAY, EYTAN MAKES SHAKSHUKA. HE USES THE TOMATOES FROM THE WEEK THAT HAVE PASSED THEIR PRIME AND USUALLY FETA! IT'S SUCH A VERSATILE RECIPE SO IT CAN BE ADAPTED WITH PEPPERS, MUSHROOMS, WHATEVER YOU LIKE."

-STACI (BOAZ'S MOM)

INSTRUCTIONS

- dice some onions and saute in a pan
- add chopped garlic to the pan
- add tomatoes (either a can of diced, halved cherry tomatoes, whatever you have on hand) to the pan
- cook down until tomatoes reach desired consistency
- add shakshuka seasoning and stir
- optional: add feta cheese
- make 2 - 4 holes in tomato mixture and crack egg into each hole
- cover and cook until eggs reach desired done-ness
- serve with crusty bread!

Shakshuka With Feta

By **Melissa Clark**

Time 50 minutes

Rating ★ ★ ★ ★ ★ (14411)

Shakshuka may be at the apex of eggs-for-dinner recipes, though in Israel it is breakfast food, a bright, spicy start to the day with a pile of pita or challah served on the side. (It also makes excellent brunch or lunch food.) It's a one-skillet recipe of eggs baked in a tomato-red pepper sauce spiced with cumin, paprika and cayenne. First you make that sauce, which comes together fairly quickly on top of the stove, then you gently crack each of the eggs into the pan, nestling them into the sauce. The pan is moved into the oven to finish. Shakshuka originated in North Africa, and like many great dishes there are as many versions as there are cooks who have embraced it. This one strays from more traditional renditions by adding crumbled feta cheese, which softens into creamy nuggets in the oven's heat.

INGREDIENTS

Yield: 4 to 6 servings

3 tablespoons extra-virgin olive oil
1 large onion, halved and thinly sliced
1 large red bell pepper, seeded and thinly sliced
3 garlic cloves, thinly sliced
1 teaspoon ground cumin
1 teaspoon sweet paprika
⅛ teaspoon ground cayenne, or to taste
1 (28-ounce) can whole plum tomatoes with their juices, coarsely chopped
¾ teaspoon kosher salt, plus more as needed

PREPARATION

Step 1

Heat oven to 375 degrees. Heat oil in a large skillet over medium-low. Add onion and bell pepper. Cook gently until very soft, about 20 minutes. Add garlic and cook until tender, 1 to 2 minutes; stir in cumin, paprika and cayenne, and cook 1 minute. Pour in tomatoes and season with ¾ teaspoon salt and ¼ teaspoon pepper; simmer until tomatoes have thickened, about 10 minutes. Taste and add more salt and pepper if needed. Stir in crumbled feta.

Step 2

Gently crack eggs into skillet over tomatoes. Season eggs with salt and pepper. Transfer skillet to oven and bake until eggs are just set, 7 to 10 minutes. Sprinkle with cilantro and serve with hot sauce.

¼ teaspoon black pepper, plus
more as needed

5 ounces feta, crumbled (about 1¼
cups)

6 large eggs

Chopped cilantro, for serving

Hot sauce, for serving

Private Notes

Leave a Private Note on this recipe and see it here.

In My Mother's Kitchen

By Trish Magwood

Recipe submitted by Mateo in Grade 2

Carrot Soup in a Mug

This is the first soup I remember making. The original recipe came from my mom's friend Lynn Pady. Not only is it delicious, it's quick and easy, the kids like it and I always have the ingredients on hand.

SERVES 4

INGREDIENTS

- 1 tbsp (15 mL) butter
- 1 onion, chopped
- 1 lb (500 g) carrots, chopped (3 cups/750 mL)
- 3 cups (750 mL) low-sodium chicken stock
- 1 can (370 mL) evaporated milk
- Salt and pepper
- 1 tbsp (15 mL) chopped parsley, for garnish

HOW TO

In a large heavy soup pot, melt butter over medium heat. Add onion and cook, stirring frequently, until soft, about 3 minutes. Add carrots and cook another 5 minutes. Add chicken stock and bring to a boil. Cover, reduce heat and simmer until carrots are soft, about 20 minutes. Remove from heat. Using a hand blender, purée until very smooth. Stir in evaporated milk. Season to taste. Serve garnished with parsley.

*Kitchen Notes: Put the pot in the sink before you purée, to prevent a mess.
This recipe doubles well.*



cheese blintzes



4.74 from 67 votes

Recipe for cheese blintzes stuffed with ricotta and cream cheese. Includes step-by-step photos. Jewish, kosher, dairy, deli foods.

Prep Time	Cook Time	Total Time
15 mins	15 mins	30 mins

Course: Side Dish Cuisine: Middle Eastern Keyword: cheese blintzes Kosher Key: Dairy
Servings: 8 servings Calories: 358kcal

INGREDIENTS

Blintz Ingredients

- 4 large eggs
- 1 cup flour
- 1/3 cup sugar
- 3/4 cup milk
- 1/4 cup water
- 1 teaspoon vanilla
- Pinch salt
- Nonstick cooking oil spray
- Vegetable oil with a high smoke point for frying (grapeseed or peanut oil works best)

Filling Ingredients

- 1 cup lowfat ricotta cheese (you can use farmer's cheese if you prefer, which is drier and thicker)
- 8 ounces cream cheese (1 package)
- 1/4 cup sugar

- 1 large egg yolk
- 2 teaspoons fresh lemon juice
- 1 teaspoon vanilla
- Pinch salt

INSTRUCTIONS

1. **The night before:** Place the ricotta cheese from the filling ingredients into a strainer lined with cheesecloth placed on top of a bowl. Let the ricotta drain overnight in the refrigerator to remove excess liquid. Note-- this step is optional, it will help the filling to thicken so it won't be quite so soft and goopy in the center.

Blend all of the blintz ingredients together using a food processor, blender, immersion blender or electric hand mixer. Consistency of the batter should be smooth (no lumps). Alternatively, you can use a fork to mix all ingredients together until the batter is smooth. Make sure you get rid of all the lumps.

2. Warm up a nonstick skillet on medium heat until hot. The skillet is ready when a drop of water sizzles on the surface of the pan. If the water pops or jumps out of the pan, the skillet is too hot—let it cool slightly before starting. If the water sizzles, it's at the perfect temperature. Grease the entire surface of the hot pan generously with nonstick cooking oil spray (keep the oil spray away from gas stovetop flame).

Pour the blintz batter by 1/3 cupfuls into the pan, then tilt the pan in a circular motion till the batter coats the entire bottom of the pan in a large, thin circular shape.

3. Let each blintz cook for 60-75 seconds until the edges of the blintz brown and the bottom of the blintz is lightly golden. You can tell it's ready by touching the center of the pancake's surface-- it should be dry and slightly tacky to the touch. Do not flip the blintz to cook the other side. Use a spatula to take the blintz out of the pan and place it on a plate.
4. Keep the blintzes separated by pieces of parchment paper, wax paper, or paper towels. This will help keep them from sticking together.

When all of the blintzes are cooked, create your filling. Put all of the filling ingredients into a mixing bowl, then use a fork to mix them well. Filling should be well blended but slightly lumpy.

5. Now you're going to stuff and wrap up your blintzes! Put 3 tbsp of filling on the lower part of the blintz, about an inch from the edge.
6. Fold the lower edge of the blintz up over the filling.

7. Fold the sides of the blintz inward, as though you're folding an envelope.
8. Roll the blintz up and over the filling like a burrito, tucking the edges in as you roll.
9. When the blintzes are stuffed and rolled, you are ready to fry them. Pour $\frac{1}{4}$ cup of vegetable oil into the skillet and heat over medium until hot. Do not let the oil turn brown or start smoking—if this happens, discard the oil and try again. Cook the blintzes in batches of 3--this will give you space to turn them easily in the pan. Carefully place the stuffed blintzes flap-side down into the hot oil. The blintzes should fry for $1\frac{1}{2}$ to 2 minutes until they're brown and crispy.
10. Turn the blintzes carefully using a spatula and/or tongs, then fry for an additional $1\frac{1}{2}$ - 2 minutes. Blintzes should be evenly browned on both sides.
11. Serve blintzes warm. They can be served as-is or topped with fruit topping, sour cream, applesauce, whipped cream or maple syrup.

NOTES

You will also need: Standard 10" nonstick skillet

Serving size: 1 blintz

NUTRITION

Calories: 358kcal | Carbohydrates: 30g | Protein: 11g | Fat: 21g | Saturated Fat: 8g | Cholesterol: 159mg | Sodium: 176mg | Potassium: 158mg | Sugar: 17g | Vitamin A: 700IU | Vitamin C: 0.5mg | Calcium: 156mg | Iron: 1.5mg

Nutritional information should be considered an estimate only; please consult a registered dietician, nutritionist, or your physician for specific health-related questions. Read more [here](#). Please note that the recipe above is published using a recipe card plugin, with preexisting software which can auto-calculate metric measurements, as well as change the number of servings. Metric conversions and changes to the number of servings (resulting in different ingredient amounts) will only appear in the ingredient list, and are not changed within the step-by-step directions of the recipe.

Cold mashed potato salad\ by Gila

Ingredients:

Potatoes (Peel the potatoes before boiling and mashing them. Don't over-boil the potatoes, they should be fork-tender but not falling apart. Overboiling the potatoes can cause them to become dry)

Butter and milk

Red bell pepper and chives (Very finely diced to add flavour and colour to the potato salad)

Pickle juice and Dijon mustard: (wholegrain or yellow mustard can be used)

Mayonnaise and sour cream

Salt and onion powder

Steps:

Boil and mash the potatoes til smooth. add the mashed potatoes to the other ingredients in a large bowl. Stir or whisk to combine everything together.



Coleslaw & Swiss Melt Sandwich

★★★★★ 5 from 2 reviews

Prep Time: 15 minutes Cook Time: 5 minutes Yield: 4 1x

This coleslaw & Swiss melt sandwich might be the best sandwich ever. Slathered with creamy Russian dressing, it's over the top delicious.

Ingredients

1x 2x 3x

- 2 cups [Best Coleslaw Recipe](#) or [Red Cabbage Slaw](#)
- 1/4 cup [Easy Russian Dressing](#)
- 4 slices Swiss cheese
- 4 pretzel rolls or 8 slices artisan or rye bread

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Instructions

1. Make the [Best Coleslaw Recipe](#).
2. Make the [Easy Russian Dressing](#).
3. Broiling instructions: Place the bottoms of the pretzel buns on a baking sheet and place a slice of Swiss cheese on top. Place the tops of the buns on the sheet as well. Broil for about 4 to 5 minutes until the cheese is melted and the buns are toasted. Add the coleslaw and spread on the Russian dressing, then assemble the sandwich. **OR**
4. Stovetop instructions (with bread): Spread butter on one side of each of the bread slices. Heat a griddle pan to medium high heat. Place 4 pieces of bread on the griddle, buttered side down. On each piece, add the cheese slices and coleslaw. Spread Russian dressing on the other side

of the other 4 slices of bread and place them on top. When the bottom bread is browned, flip the sandwich and cook until the bread is toasted and the cheese is melted.

Find it online: <https://www.acouplecooks.com/coleslaw-swiss-cheese-melt-sandwich/>

Cucumber Sandwich

This creamy, crunchy cucumber sandwich recipe strikes a lovely balance between decadent and light. The cream cheese–yogurt spread complements the crisp refreshing cucumber while the hearty flavor and texture of the whole–wheat bread holds everything together.

By **Amanda Stanfield** | Updated on November 17, 2022

 Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

Active Time: 10 mins

Total Time: 10 mins

Nutrition Profile:

Egg Free Nut-Free Soy-Free Vegetarian

Ingredients

2 ounces cream cheese, at room temperature

1 tablespoon low-fat plain Greek yogurt

1 tablespoon sliced fresh chives

1 tablespoon chopped fresh dill

¼ teaspoon ground pepper

2 slices whole–wheat sandwich bread

⅓ cup thinly sliced English cucumber

Directions

Step 1

Stir cream cheese, yogurt, chives, dill and pepper together in a small bowl until well blended. Spread the mixture evenly on one side of each bread slice. Top 1 slice with cucumber slices, then top with the other bread slice, cream cheese–side down. Cut the crusts from the sandwich and cut it in half diagonally.

Nutrition Facts

Per serving: 358 calories; total carbohydrate 29g; dietary fiber 4g; total sugars 6g; protein 12g; total fat 22g; saturated fat 12g; cholesterol 59mg; vitamin a 889iu; vitamin c 3mg; vitamin e 2mg; folate 37mcg; vitamin k 19mcg; sodium 439mg; calcium 174mg; iron 2mg; magnesium 56mg; potassium 309mg; zinc 2mg

Curry and Pear Soup

Ingredients:

1 large onion
3 cloves of garlic
Splash of any neutral oil
1 medium-sized butternut squash
3 bartlett pears - slightly (but not too) firm is best
Salt and pepper to taste
Heavy cream for garnish
1-2 tbsp yellow curry powder
Vegetable broth or water
Honey (Optional)

Recipe:

- 1 - Remove the skin from the butternut squash and divide into large chunks. To make this easier, you can slice it in half lengthwise and roast face down at 375 degrees for about 25 minutes. The roasting is optional, but will deepen the flavour of the soup.
- 2 - Peel and large-chunk the pears. You may choose to roast them along with the squash, but this is also optional.
- 3 - Small-dice the onion. Mince the garlic. Sweat in a large soup pot with a splash of oil and a large pinch of salt until the onions are translucent, about 5 minutes.
- 4 - Add the chunks of pear and squash. Add vegetable broth or water until the chunks are fully submerged. Add the curry powder and give the pot a stir. Bring the mixture to a boil and then lower the heat and simmer, covered, until the squash can be mashed with a fork, 1/2 hour or longer (this will depend on whether you have pre-roasted the squash in step 1).
- 5 - Using an immersion blender, blend until mostly smooth. If you prefer the soup to be completely smooth, puree in batches in a blender.
- 6 - Add more water or broth if the soup is too thick. Add salt and pepper to taste. Optionally, add honey to increase the sweetness or a more curry powder to increase the heat.
- 7 - Serve with a splash of heavy cream, directly in each person's bowl. You can either pre-mix the cream, or leave it unmixed to create distinct regions of yellow and white in the bowl.
- 8 - Leftovers will thicken in the refrigerator, and can be served hot or cold.

Submitted by Micah Potechin for Ariel Potechin Grade 2

Knorr Spinach Dip



This Knorr Spinach Dip Recipe is the classic version you know and love! Cold and creamy, it's so easy to make and tastes even better than you remember.

Course	Appetizer
Cuisine	American
Prep Time	10 minutes
Cook Time	2 hours 5 minutes
Total Time	2 hours 15 minutes
Servings	16 servings (1/4 cup each)
Calories	175kcal
Author	Meggan Hill

Ingredients

- 1 (16 ounce) container sour cream
- 1 cup mayonnaise
- 1 (8 ounce) can sliced water chestnuts drained and chopped (see note 1)
- 3 scallions thinly sliced
- 1 (1.4 ounce) packet Knorr Vegetable Recipe Mix (see note 2)
- 1 (10 ounce) package frozen chopped spinach cooked and squeezed dry (see note 3)
- bread chunks and fresh vegetables, for serving

Instructions

1. In a large bowl, combine sour cream, mayonnaise, water chestnuts, scallions, and Knorr mix. Stir to combine.
2. Stir in spinach, using a spoon or spatula to break up and distribute any clumps of spinach. Cover and chill at least 2 hours or overnight. Serve with bread and fresh vegetables.

Notes

1. **Water chestnuts:** These are a crunchy, aquatic vegetable that grows under water. You can find them in almost any well-stocked grocery store. Look in the international aisle or the Asian foods section, as they're often added to stir-frys.
2. **Knorr vegetable mix:** This used to be labeled "soup mix" but Knorr changes their packaging every once in awhile. By the way, the Leek Soup mix can also be used for this dip. (I love Knorr *much* more than Lipton brand, by the way.)
3. **Frozen spinach:** To substitute fresh spinach, use 1 pound fresh spinach leaves instead of the 10 ounces of frozen spinach. Cook according to the package directions and squeeze dry in a clean kitchen towel.
4. **Yield:** This recipe makes about 4 cups dip, enough for 16 servings, 1/4 cup each.
5. **Storage:** Store leftovers covered in the refrigerator for up to 4 days.

6. **Make ahead:** For the best flavors, let the dip chill at least 2 hours. Or, make it a day ahead and keep it in the refrigerator overnight.

Nutrition

Serving: 0.25cup | Calories: 175kcal | Carbohydrates: 6g | Protein: 2g | Fat: 16g | Saturated Fat: 5g | Polyunsaturated Fat: 7g | Monounsaturated Fat: 4g | Trans Fat: 0.03g | Cholesterol: 23mg | Sodium: 299mg | Potassium: 132mg | Fiber: 1g | Sugar: 2g | Vitamin A: 2286IU | Vitamin C: 2mg | Calcium: 55mg | Iron: 1mg

Chickpea Salad Sandwich

★★★★★ 4.9 from 11 reviews

Prep Time: 10 minutes **Cook Time: 0 minutes** **Yield: 2 sandwiches** 1x

Looking for healthy and easy lunch recipes? This delicious chickpea salad sandwich features a vegan tuna salad using chickpeas!

Ingredients

1x2x3x

- 15 ounce can chickpeas or (1 1/2 cups chickpeas cooked from dry*)
- 1 rib celery
- 3 green onions
- 1 to 2 tablespoons mayonnaise, vegan mayonnaise, or [cashew cream](#)
- 1 tablespoon lemon juice
- 1 teaspoon celery seed
- [Kosher salt](#) & fresh ground pepper
- 4 slices bread (try our [Homemade Bread](#))
- Lettuce, spring green mix, or sprouts
- Hummus, optional

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Instructions

1. Thinly slice the celery (if it's a large rib, cut in half lengthwise first). Thinly [slice the green onions](#).
2. Drain and rinse the chickpeas. In a medium bowl, smash the chickpeas with a fork.
3. Combine the chickpeas with the chopped celery and green onions, mayonnaise, lemon juice, and celery seed. Add about 1/4 to 1/2 teaspoon [kosher salt](#), depending on your chickpea brand and taste preferences, and fresh ground pepper to taste. Taste and salt until the flavor

pops! If the salad is dry, add more mayonnaise (cooked chickpeas have a drier texture than canned).

4. Assemble the chickpea salad sandwich: If desired, spread the bread with hummus (this amps it up a bit but not required). Top the sandwich with lettuce or greens and chickpea spread.

Notes

*If using cooked chickpeas, remember that canned chickpeas have a bit of salt added, so you'll want to flavor with a few pinches of [kosher salt](#) before using. Also the texture of chickpeas cooked at home can be drier than canned, so you may have to add a bit more mayonnaise. Because of this, we prefer making this chickpea salad with canned chickpeas, but we've absolutely made it with cooked chickpeas too! Here's [How to Make Chickpeas](#) or our [Instant Pot chickpeas](#): we make them all the time.

nutrition facts

Serves 2

Serving Size: 1 Sandwich

Calories Per Serving: 384

% DAILY VALUE					
Total Fat 12.2g	16%	Saturated Fat 1.9g	Total Carbohydrate 54.3g	20%	Dietary Fiber 14g 50%
Sugars 4.2g		Protein 11.4g	23%	Vitamin A 23.2µg	3% Vitamin C 5.3mg 6%
Calcium 149.2mg	11%	Iron 4.5mg	25%	Vitamin D 0µg	0% Magnesium 67.8mg 16%
Potassium 382.1mg	8%	Vitamin B6 1.1mg	64%	Vitamin B12 0µg	0%

Find it online: <https://www.acouplecooks.com/easy-chickpea-salad-sandwich/>

MAIN COURSE

Easy Overnight Breakfast Oats

By Miriam Szokovski

Meat/Dairy:

Dairy, Pareve

Time: < 30

Minutes

Difficulty: Easy

Health &

Allergies:

Vegan,
Naturally-
Sweetened,
Whole-Grain



Ingredients

- 1 cup rolled oats
- 1¼ cup milk (dairy or non-dairy)
- 2 tbsp. almond butter

- 1 tbsp. maple syrup
- ½ tsp. kosher salt

Directions

- 1 Pour all the ingredients into a container or glass jar. Mix. Refrigerate overnight.
- 2 In the morning, pour the oatmeal into two bowls.
- 3 Garnish with the fruit and nuts of your choice. I've used banana, nectarine, almonds, and dark chocolate.

Serves: 2



TAGS

Main Course Vegan Naturally-Sweetened Whole-Grain Dairy Pareve

Dairy Easy < 30 Minutes

By [Miriam Szokovski](#)

Miriam Szokovski is a writer, editor, and author of the historical novel *Exiled Down Under*. She is a member of the Chabad.org editorial team and also shares her cooking and baking on Chabad.org/food.

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Easy Shakshuka Recipe



4.98 from 113 votes

Easy shakshuka made with eggs that are gently poached in a simmering mixture of tomatoes, bell peppers, onions, and garlic. A few warm spices and some fresh herbs complete this satisfying one-skillet dish!

Prep Time	Cook Time	Total Time
10 mins	30 mins	30 mins

Course: Breakfast, Lunch Cuisine: Mediterranean, Middle Eastern, Tunisian

Diet: Gluten Free, Vegetarian Servings: 6 people (up to) Calories: 111kcal

Author: Suzy Karadsheh

Ingredients

- [Extra virgin olive oil](#)
- 1 large yellow onion chopped
- 2 green peppers chopped
- 2 garlic cloves, chopped
- 1 teaspoon [ground coriander](#)
- 1 tsp [sweet paprika](#)
- 1/2 tsp [ground cumin](#)
- Pinch red pepper flakes optional
- Salt and pepper
- 6 medium tomatoes, chopped (about 6 cups chopped tomatoes)
- 1/2 cup tomato sauce
- 6 large eggs
- 1/4 cup chopped fresh parsley leaves
- 1/4 cup chopped fresh mint leaves

Instructions

1. Heat 3 tablespoon olive oil in a large cast iron skillet. Add the onions, green peppers, garlic, spices, pinch salt and pepper. Cook, stirring occasionally, until the vegetables have softened, about 5 minutes.
2. Add the tomatoes and tomato sauce. Cover and let simmer for about 15 minutes. Uncover and cook a bit longer to allow the mixture to reduce and thicken. Taste and adjust the seasoning to your liking.
3. Using a wooden spoon, make 6 indentations, or "wells," in the tomato mixture (make sure the indentations are spaced out). Gently crack an egg into each indentation.
4. Reduce the heat, cover the skillet, and cook on low until the egg whites are set.
5. Uncover and add the fresh parsley and mint. You can add more black pepper or crushed red pepper, if you like. Serve with warm [pita](#), [challah](#), or crusty bread of your choice.

Notes

- **Make Ahead Tip:** You can prepare the shakshuka tomato sauce one night in advance. Let cool completely, then store in the fridge in a tight lid glass container. When you are ready the next day, warm up the sauce in a skillet and add the eggs and follow the recipe from step #3 on.
- **Leftovers Storage:** Leftovers will keep for 1 to 2 days if stored properly in the fridge in tight-lid glass containers. Warm up over medium heat, adding a little more liquid to the shakshuka sauce if needed.
- **To add meat:** If you want to add meat, cook about ½ ground beef or ground lamb in some extra virgin olive oil. Season well with salt and pepper. Once fully cooked, remove the meat from the skillet, wipe the skillet well and follow steps #1 and #2 to make the shakshuka sauce, only this time, add the cooked ground meat to the skillet to simmer with the tomatoes for 15 minutes or so before adding the eggs.
- **Visit [Our Shop](#)** to browse quality Mediterranean ingredients including [olive oils](#) and all-natural and organic [spices](#) used in this recipe.

Nutrition

Calories: 111kcal | Carbohydrates: 10.9g | Protein: 7.7g | Fat: 4.7g | Saturated Fat: 1.5g | Monounsaturated Fat: 1.7g | Trans Fat: 0.1g | Cholesterol: 163.7mg | Sodium: 170mg | Potassium: 550.3mg | Fiber: 3.2g | Sugar: 5.9g | Vitamin A: 1954.4IU | Vitamin C: 55.8mg | Calcium: 61.3mg | Iron: 1.9mg

<https://www.themediterraneandish.com/shakshuka-recipe/>

LYLA + SAM + ELOISE'S

FAMOUS GREEK SALAD



❖ INGREDIENTS:

FETA CHEESE + CUCUMBER + TOMATO (BIG TOMATO IF WANTED) + OLIVES

❖ HOW TO MAKE

FIRST YOU HAVE TO CUT THE CUCUMBER INTO SMALL PIECES, AND THEN GET TOMATO AND CUT IT INTO HALVES IF YOU WANT TO BUT IF YOU HAVE TIME YOU CUT IT INTO SMALLER PIECES. THEN YOU CUT THE FETA CHEESE INTO SMALL PIECES. THEN FOR THE OLIVES YOU WILL GET THE ONES THAT ARE ALREADY CUT AND PUT ABOUT 1 TO 2 CUPS OF OLIVES.



❖ DRESSING:

FIRST YOU GET OLIVE OIL AND JUST USE A SPLASH

THEN YOU GET LEMON JUICE AND JUST PUT A SPLASH IN

THEN OREGANO, BUT JUST A BIT



Greek Salad!!

Ingredients

6 tablespoons extra virgin olive oil
2 tablespoons fresh lemon juice
1/2 teaspoon chopped garlic
1 teaspoon red wine vinegar
1/2 teaspoon dried oregano or 1 teaspoon chopped fresh oregano
1/2 teaspoon dried dill or 1 teaspoon chopped fresh dill
Salt and freshly ground black pepper
3 large plum tomatoes, seeded and coarsely chopped
3/4 cucumber, peeled, seeded, and coarsely chopped
1/2 red onion, chopped
1 bell pepper, seeded and coarsely chopped
1/2 cup pitted black olives (preferably brine-cured), coarsely chopped
Heaping 1/2 cup crumbled feta cheese

Recipe

Make dressing:

Whisk the olive oil, lemon juice, garlic, vinegar, oregano, and dill together until blended. Season to taste with salt and freshly ground black pepper.

This can be prepared 3 hours ahead. Let stand at room temperature.

Re-whisk before using.

Combine salad ingredients:

Combine the tomatoes, cucumber, onion, bell pepper, and olives in a bowl. Toss with dressing. Sprinkle it with cheese and serve.



Greek Yogurt French Onion Dip

This healthy Greek Yogurt French Onion dip is perfect for game day or as an easy snack! Only a few ingredients, and ready in just minutes!

★★★★★ 5 from 2 votes



COURSE

Appetizer, Condiment,
Snack

CUISINE

American

INGREDIENTS

- 1.5 tbsp olive oil
- 1.5 heaping cup onion chopped
- 1.5 tbsp chopped garlic
- 1.5 cup fat free plain greek yogurt
- 4 teaspoons Worcestershire sauce
- 1 teaspoon salt
- 1.5 tsp onion powder

INSTRUCTIONS

1. Sauté the onions in olive oil over medium-high heat.
2. Once they begin caramelizing, reduce the heat and let them simmer. Stir every few minutes to make sure they don't burn.
3. Add the garlic and sauté for 1-2 more minutes.
4. Remove from the stove and place mixture in a mixing bowl to be refrigerated for 10-15 minutes. Set aside a couple tablespoons of the onion mixture to top the dip when it's complete.
5. Add the yogurt, Worcestershire sauce, onion powder and salt to the mixing bowl with the caramelized onions.
6. Stir until the mixture is evenly combined. Taste, and season with additional salt and pepper or extra worcestershire if needed.
7. Top with remaining caramelized onions and serve immediately.

The Ultimate Grilled Cheese Sandwich

Prep Time: 2 minutes **Cook Time:** 28 minutes **Total Time:** 30 minutes

Learn how to make the best Grilled Cheese sandwich with a crisp, buttery exterior and gooey cheese center.

Author: Natasha Kravchuk
Course: Lunch, Main Course
Cuisine: American
Skill Level: Easy
Cost to Make: \$8-\$10
Servings: 4 sandwiches



Ingredients

- 8 slices Texas toast , or thick sliced sandwich bread
- 4 Tbsp unsalted butter
- 4 slices medium cheddar cheese
- 4 slices Gouda cheese
- 4 slices Havarti cheese

Instructions

1. Spread 1/2 Tbsp of butter on one side of each slice of bread.
2. Set a skillet over medium/low heat and place 2 slices of bread in the skillet with the butter-side-down.
3. Stack cheeses on one piece of toast: cheddar, havarti, then gouda. Once the breads are golden brown, closed the sandwich with the crisp sides on the outside.
4. Continue cooking until the bread is a rich golden brown, flipping once and press down lightly to help the bread stick to the cheese. Total cooking time should one 5-6 minutes. Keep the heat on medium low for the breads to toast slowly, giving your cheese a chance to fully melt and adhere to the bread.
5. Once you see the cheese has melted and breads are browned, remove to a plate and cut in half diagonally to serve. Repeat with the next sandwich.

Healthy & Easy Ten Minute Tzatziki



No ratings yet



PREP TIME

5 mins

TOTAL TIME

5 mins



COURSE

Appetizer

CUISINE

Greek



SERVINGS

4 People

INGREDIENTS

- 1 Cup Plain Greek Yogurt I used 2%
- 1 Cup Cucumber, Diced ~ 1/2 a large cucumber unpeeled, with the seeds scooped out
- 1 Tbsp Red Wine Vinegar
- 1/2 Lemon
- 1 Tbsp Fresh Dill Packed tightly
- 3 Cloves Garlic, minced Feel free to use less and taste and adjust as you go. I like a lot of garlic!
- 1/4 Tsp Salt Taste and adjust as needed.
- 1/4 Tsp Ground Pepper Taste and adjust as needed.
- 1-2 Tbsp High Quality Olive Oil

INSTRUCTIONS

1. Cut about an inch off the ends of your English cucumber. Cut your cucumber in half, scoop out the seeds (this prevents the dip from getting watery), and dice into small pieces.
2. Add all of your ingredients to a bowl and stir until combined.
3. Taste and adjust seasoning as needed.
4. Serve immediately, or refrigerate in a sealed container for up to 4 days.



Healthy Avocado Cream Sauce

easier! It's the perfect condiment to any meal while also accommodating vegan, dairy-free, gluten-free, paleo, keto, and Whole30 lifestyles.

★★★★★ 5 from 2 votes



PREP TIME

5 mins

TOTAL TIME

5 mins



COURSE
Condiment

CUISINE
Mexican



SERVINGS
1 Cup

INGREDIENTS

- 1 Avocado
- 2 Tablespoons Almond Milk
- 2 Tablespoons Avocado Oil *Can sub olive oil
- 1/2 Lime Juiced
- 1 Teaspoon Oregano
- 1 Teaspoon Garlic Powder
- 1/2 Teaspoon Black Pepper
- 1/4 Teaspoon Salt

INSTRUCTIONS

1. Add all of your ingredients to a blender and blend until smooth. I used my nutri-ninja (linked above). Serve over stuffed peppers, tacos, pasta, salads, etc.
2. I recommend storing this sauce in your fridge for up to two days. You will need to cover it tightly with plastic wrap.





[HOME](#) > [RECIPES](#) > [MEAL TYPE](#) > [LUNCH](#)

INDIVIDUAL BAKED CHALLAH FRENCH TOAST WITH CARAMELIZED BANANAS

JAMIE GELLER • AUG 28, 2011

Prep the night before and place in a warm and toasty oven in the AM

(If you don't keep your oven on over yuntif you can bake this in advance and just reheat on a hot plate or in a warming drawer.)

50MIN DURATION	40MIN COOK TIME	10MIN PREP TIME	6 SERVINGS SERVINGS
-------------------	--------------------	--------------------	------------------------

INGREDIENTS

Whipped cream, for garnish

CHALLAH FRENCH TOAST

1 cup whole milk

1/2 cup heavy cream

4 large eggs

4 tablespoon granulated sugar

2 teaspoon vanilla extract

Zest of 1 orange

1 tablespoon ground cinnamon

1 challah, cut into 1/2-inch cubes (1 pound)

2 cup cornflakes, coarsely crushed

CARAMELIZED BANANAS

5 tablespoon unsalted butter, divided

1/4 cup brown sugar

pinch Kosher salt

3 bananas, peeled and diced

PREPARATION

1. In a large bowl combine milk, heavy cream, eggs, sugar, vanilla, orange zest, and cinnamon and beat well. Add challah and toss to coat all the cubes with liquid mixture. Divide between 6 (8-ounce) greased ramekins. (Cover the ramekins and refrigerate overnight, if needed.)
2. Preheat oven to 350° F.
3. Sprinkle each ramekin with crushed cornflakes and top with 1 teaspoon butter. Bake 15 to 20 minutes or until set in the center.
4. Meanwhile, melt remaining 3 tablespoons butter in a medium sauté pan over medium-high heat. Add brown sugar and salt and cook 2 minutes until bubbly. Add bananas and cook 5 minutes or until caramelized. Remove from heat and set aside.
5. To serve, top each individual French toast with 1 tablespoon of caramelized bananas and a dollop of whipped cream.

Isaac's great grandma Laya's sweet potato soup

Submitted by Isaac, grade 2

SWEET POTATO PEAR SOUP

Serves 8 to 10

INGREDIENTS

- 2 tbsp extra light olive oil
- 1 large onion, diced
- 2 ribs celery, chopped
- 2 cloves garlic, minced (about 1 tsp)
- kosher salt
- black pepper
- 4 large sweet potatoes, peeled and chopped
- 3 Asian or Bosc pears, peeled and chopped
- 1 tsp sweet paprika
- pinch dried thyme
- 5 to 6 cups water or vegetable broth

1. Heat oil in a large soup pot over medium heat. Add onion, celery, garlic, salt and pepper. Sauté for 8 to 10 minutes, until golden.

2. Add sweet potatoes, pears, paprika, thyme and water. Bring to a boil.

3. Reduce heat and simmer, partially covered, for 40 to 45 minutes or until vegetables are tender, stirring occasionally. Remove from heat and let cool slightly.

4. Using an immersion blender, process soup until smooth. If soup is too thick, add a little water. Adjust seasonings to taste. ►

Jalapeno salad- MADE BY LIAM & BERNIE

Ingredients:

tomato and jalapeno salad
Jalapeno red onion lime juice baby roma tomatoes
and salt



How to make it:

Step one. one small red onion and quartered' thinly sliced.

Step two: $\frac{1}{3}$ cup fresh coriander leaves ' roughly chopped.

step 3 One fresh jalapeno chili seeded finely chopped.

Step 4 2 tbsp lime juice' 1 tbsp of extra virgin olive oil.

/



מתכון לסלט כסמט



מצרכים:

מלפפון

כסמט

גזרים

כרוב אדום

כסברה טריה

הוראות הכנה:

מבשלים את הכסמט במים

חותכים את כל הירקות

מטבלים איך נשאוהבים

ביתאבון,

ג'רמי וזכריה (כיתה ד')

Joey and Liv's Banoffee Pie

<https://sallysbakingaddiction.com/banoffee-pie/>

Ingredients

- 1 and 1/2 cups (180g) **graham cracker crumbs** (about 12 full sheet graham crackers)
- 1/4 cup (50g) **granulated sugar**
- 6 Tablespoons (85g) **unsalted butter**, melted
- 1 and 1/4 cups **dulce de leche**
- 2 large **bananas**, sliced

Whipped Cream

- 2 cups (480ml) cold **heavy cream** or **heavy whipping cream**
- 1/4 cup **confectioners' sugar** or **granulated sugar**
- 1 teaspoon **pure vanilla extract**
- optional toppings: chocolate shavings, chopped nuts, or toffee bits for garnish

Instructions

1. Preheat oven to 350°F (177°C).
2. **Make the crust:** If you're starting out with full graham crackers, use a food processor or blender to grind them into fine crumbs. Stir the graham cracker crumbs and granulated sugar together in a medium bowl, and then stir in the melted butter. The mixture will be thick, coarse, and sandy. Try to smash/break up any large chunks. Pour the mixture into an ungreased 9-inch pie dish. With medium pressure using your hand, pat the crumbs down into the bottom

and up the sides to make a compact crust. Do not pack down with heavy force because that makes the crust too hard. Simply pat down until the mixture is no longer crumbly/crumbly. **Tips:** *You can use a small flat-bottomed measuring cup to help press down the bottom crust and smooth out the surface, but do not pack down too hard. And run a spoon around the bottom “corner” where the edge and bottom meet to help make a rounded crust—this helps prevent the crust from falling apart. For more shaping technique tips, see the [graham cracker crust](#) recipe page.*

3. Bake the crust for 15 minutes. Cool for 15 minutes.
4. **For the whipped cream:** Using a hand mixer or a stand mixer fitted with a whisk attachment, whip the heavy cream, sugar, and vanilla extract on medium-high speed until medium peaks form, about 3-4 minutes. Medium peaks are between soft/loose peaks and stiff peaks and are the perfect consistency for topping and piping on desserts.
5. Spread dulce de leche on top of the crust. Arrange banana slices in 1-2 layers on top of the dulce de leche, then spread whipped cream on top.
6. Refrigerate pie uncovered for at least 2 hours and up to 1 day. Garnish with toppings before serving, if desired.
7. Cover and store leftover pie in the refrigerator for up to 5 days.

Macaroni Cheddar Salad- shayna

Ingredients

The ingredients are cooked elbow macaroni with cheddar cheese, diced celery, thawed green peas, shredded carrots, light mayonnaise, sour cream, celery seed, garlic powder, and salt.

Are you looking for a delicious and easy-to-make dish? Try this macaroni salad recipe that serves ten people!

Prep Time: 15 minutes

Cook Time: 8 minutes

Chill Time: 2 hours

Yield: 10 servings



First, mix all of the ingredients together.

After mixing all ingredients, simply refrigerate the bowl for two hours before serving.

Extra Tips

For an even heartier salad, consider adding tuna, hard-boiled eggs, or different types of cheese. This salad is perfect for picnics, and you'll love enjoying a guilt-free afternoon off with a wicker picnic basket and a great bottle of wine.

Hello guys, we are Jonas, Nathan and Jack. Today I will be telling you how to make the amazing macaroni salad.

Here are the ingredients:

1 cup of macaroni
¾ cup cubed Cheddar cheese
1 stalk celery, chopped
1 green bell pepper, chopped
½ cup frozen green beans, thawed
⅓ cup chopped onion
¼ cup mayonnaise
¼ cup sour cream
2 tablespoons milk
1 ½ tablespoons sweet pickle relish

This is how to make it:

Step 1.

Cook pasta in boiling salted water until done, 7 to 10 minutes. Drain then rinse macaroni under cold water and drain again.

Step 2.

Mix pasta with cheese, celery, bell peppers, peas, onions, mayonnaise, sour cream, milk and pickle relish in a large bowl. Chill in the refrigerator for at least 24 hours before serving.

Nutrition facts

243 calories
15g fattyness
19g fat
8g protein

That is how to make cheddar macaroni salad.



Neta's Easy Pancakes

From: <https://www.allrecipes.com/recipe/45396/easy-pancakes/>

Ingredients

- 1 cup all-purpose flour
- 2 tablespoons white sugar
- 2 teaspoons baking powder
- 1 teaspoon salt, or to taste
- 1 cup milk
- 2 tablespoons vegetable oil
- 1 egg, beaten

Directions

Step 1: Combine flour, sugar, baking powder, and salt in a large bowl. Make a well in the center, and pour in milk, oil, and egg. Mix until smooth.

Step 2: Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop batter onto the griddle, using approximately 1/4 cup for each pancake; cook until bubbles form and the edges are dry, 1 to 2 minutes. Flip and cook until browned on the other side. Repeat with remaining batter.

Step 3: Serve hot and enjoy!

For 20 mini burgers!!!!!!!

Ingredients

- 5 frozen Parker House(A bread roll that is made by flattening the center of a ball of the dough)
- 3 tablespoons sesame seeds
- 1 pound of veggie ground (fake beef)
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 teaspoons Worcestershire sauce
- 8-10 slices of vegan bacon (fake bacon) - cooked
- 10 cherry tomatoes - sliced in half
- 5 lettuce leaves
- 5 deli slices sharp cheddar cheese

Instructions

For the Buns:

1. Set the oven to 350°F(176°C).
2. Divide each Parker house roll into four and roll into a round ball/disc shape. Place each mini roll on a parchment lined baking sheet and cover it with plastic wrap. Allow it to rise for half an hour.
3. Remove plastic wrap, and brush each ball of dough with a bit of melted butter. After that, sprinkle it with sesame seeds.

4. Bake for 12 to 15 minutes or until it's golden brown.
5. Allow it to cool before slicing it in half.

For the Burger:

1. Combine fake meat, salt, pepper, and Worcestershire sauce.
Mix well and divide into 20 patties.
2. Preheat the grill to medium and cook each burger for 2-3 minutes or until it is cooked through.
3. Top each burger bun with a small piece of Lettuce, Cheese, small piece of fake bacon, and tomato(toppings optional)!

For 10 mini burgers!!!!!!!

Ingredients

- 2.5 frozen Parker House(A bread roll that is made by flattening the center of a ball of the dough)
- 1.5 tablespoons sesame seeds
- 0.5 pound of veggie ground (fake beef)
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 1 teaspoons Worcestershire sauce
- 4-5 slices of vegan (fake) bacon - cooked
- 5 cherry tomatoes - sliced in half
- 2.5 lettuce leaves
- 2.5 deli slices sharp cheddar cheese

Instructions

For the Buns:

6. Set the oven to 350°F(176°C).
7. Divide each Parker house roll into four and roll into a round ball/disc shape. Place each mini roll on a parchment lined baking sheet and cover it with plastic wrap. Allow it to rise for half an hour.
8. Remove plastic wrap, and brush each ball of dough with a bit of melted butter. After that, sprinkle it with sesame seeds.

9. Bake for 12 to 15 minutes or until it's golden brown.
10. Allow it to cool before slicing it in half.

For the Burger:

4. Combine fake meat, salt, pepper, and Worcestershire sauce.
Mix well and divide into 10 patties.
5. Preheat the grill to medium and cook each burger for 2-3 minutes or until it is cooked through.
6. Top each burger bun with a small piece of Lettuce, Cheese, small piece of fake bacon, and tomato(toppings optional)!

Peanut Butter Balls
Submitted by Staci Zemlak-Kenter

1 box powdered sugar
1 1/2 sticks melted margarine
2 cups peanut butter
1 bag chocolate chips
2 tbsp crisco

Mix powdered sugar, melted margarine, and peanut butter until it forms a ball.

Melt chocolate chips in microwave with 2 tablespoons crisco.

Form balls and dip into melted chocolate.

Place coated balls on waxed paper covered cookie sheet.

Cool in refrigerator or freeze.

EAT

Potato Leek Soup

From: Soup, A Kosher Collection

Author: Pam Reiss

4-5 large leeks (1 lbs. | 500 g), white part only, washed and sliced

¼ cup | 50 mL olive oil

4 medium red potatoes (2 lbs. | 1 kg), peeled and cut into ½-inch | 1-cm cubes

1 tsp. 5 mL salt

¼ tsp. | 1 mL pepper

4 cups | 1 L stock

6 Tbsp. | 90 mL all-purpose flour

1 cup | 250 mL half-and-half

2 cups | 500 mL 2% milk

Directions:

Over medium heat, sauté leeks in olive oil until they have wilted and gone a little translucent, approximately

3-4 minutes. (Stir constantly so that none of the leeks burn.)

Add the potatoes, salt, pepper and stock, cover and bring to a boil. Reduce heat to medium-low, and simmer 15 min-utes, until the potatoes are fork-tender.

In a bowl, whisk the flour, half-and-half and milk together.

Make sure all the flour is whisked in well and there are no lumps, or your soup will have dumplings. Slowly pour this mixture into the simmering soup, stirring constantly.

Allow the soup to come to the boil again, and cook for one minute while stirring. This will allow the soup to thicken.

Check the soup for seasoning and serve.

Submitted by Elana Aptowitzer for Asher A Grade 2

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סלט פסטה

רכיבים

פסטה
עגבניות קטנות
מלפפון
פלפל
שמן זית
תבלין פלפל
מלח
גבינה (אופציונלי)

הוראות

- א) להרתיח פסטה
- ב) לחתך הירקות
- ג) להוסיף תבלין פלפל, זית, מלח, פסטה, עגבניות, ומלפפון.
- ד) מערבבים אותו היטב



בתיאבון,
ניקי וליב

Montana's Mom's Dynamite Cheesecake

"loved by millions from coast to coast" - montana

oven 375°

CRUST: crumbs from 16 graham crackers
1/2 stick butter
1 Tbs. honey
1 Tbs. flour

~mush up w/ fingers and press firmly into bottom of spring-form pan.

FILLING: 16 oz. cream cheese
1/3 c. sugar
4 eggs
1 tsp. vanilla

1 lemon: juice and grated rind
~blend till smooth and creamy. Pour on top of crust and bake for 25 minutes -or until set at 375°

COOL.

TOPPING: 1 pt. sour cream
1/2 cup sugar
1 tsp. vanilla

~blend. Pour on top of cooled filling and bake at 375° for 5-8 minutes.

A MUST: Cheesecake must set in refrigerator for at least 12 hours before it will be firm enough to slice well. If you get impatient and cut before it is completely set, the top will be runny.



Submitted by Mia Lelli

Ingredients:

½ cup Quality Mayonnaise

2 tablespoons Dill Pickle Relish (you can also use sweet pickle relish and omit the granulated sugar)

1 tablespoon Onion (finely minced)

2 tablespoons Barbecue Sauce (or natural ketchup, optional for a different flavor variation)

2 teaspoons Yellow Mustard

1 teaspoon White Vinegar

1 teaspoon Granulated Sugar

½ teaspoon Paprika

¼ teaspoon Salt

¼ teaspoon Garlic Powder

¼ teaspoon Onion Powder

Directions

1. Place all of the ingredients in bowl and stir to combine.

2. Cover and refrigerate for at least 2 hours before serving.

3. Shake or stir before serving.

Will keep for up to 2 weeks. Makes approximately ¾ cup of sauce

With Love from Senior Kindergarten. Enjoy!

CHOCOLATE CHIP CAKE IN A MUG

INGREDIENTS:

- 3 tbsp flour
- 2 tbsp brown sugar
- 2 tsp cocoa powder
- 1/4 tsp baking powder
- 3 tbsp milk
- 1 tbsp oil
- 1/4 tsp vanilla
- 10 chocolate chips

PREPARATION:

1. In a microwave-safe coffee cup, combine the dry ingredients.
2. Add milk, oil, and vanilla.
3. With a fork, stir gently until there are no lumps in the batter.
4. Sprinkle chocolate chips on top.
5. Cook in the microwave for 45 seconds to 1 minute. Let cool before eating.

SK's Strawberry Cheesecake Smoothie

A dessert-inspired smoothie that is out of this world! It's made with cashews to give it an extra thick texture, like cheesecake!

- **2 cups strawberries, sliced**
- **$\frac{3}{4}$ cup raw unsalted cashews**
- **1 cup almond milk**
- **$\frac{1}{2}$ frozen banana**
- **2 tablespoons lemon juice**
- **1 cup ice**

Blend until smooth and enjoy!!





[HOME](#) > [RECIPES](#) > [COOKING STYLE](#) > [QUICK & EASY](#)

SMOKED SALMON OMELET

JAMIE GELLER • JUL 25, 2012

This recipe only makes one omelet because you really can't make more than one at a time. If you are serving several for brunch, make them all beforehand. Warm the prepared omelets on a greased sheet pan in the oven, warming drawer or on a hot plate.

20MIN DURATION	10MIN COOK TIME	10MIN PREP TIME	2 SERVINGS
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INGREDIENTS

- 1 tablespoon olive oil
- 1 small red onion, thinly sliced
- 5 large eggs, beaten
- 4 tablespoon Temp Tee Whipped Cream Cheese
- 1/2 teaspoon kosher salt
- Freshly ground black pepper
- 2 tablespoon chopped chives
- 1 tablespoon capers
- 3 ounce thinly sliced smoked salmon
- Matzah or everything bagel, optional

PREPARATION

1. Heat olive oil in a 10-inch skillet over medium-high heat. Add onions and cook 4 to 6 minutes or until tender.
2. Whisk together eggs, cream cheese, salt and pepper.

3. Add eggs to the pan and cook 3 to 4 minutes or until just set in the center, tilting the skillet and lifting the edges of omelet with a spatula to let uncooked portion run out to edges.
4. Sprinkle with chives and capers and lay salmon over half of the omelet. Using a spatula, fold the omelet half, without the salmon, over the half with salmon to enclose it, and slide the omelet onto a plate.
5. Cut in half crosswise and serve with matzah and cream cheese or an open faced bagel with cream cheese.

As seen in Joy of Kosher with Jamie Geller Magazine Shavuot 2011 -

[Subscribe Now](#)

snap pea feta salad

Hi, I am josh and I am going to show you my favorite salad it's called the snap pea feta salad.

This is what it looks like and how to make it:

ingredients and instructons:

12 ounces (340 grams) of fresh sugar snap peas, divided

-salt, to taste

-pepper, to taste

-1 tablespoon Bartenura Olive Oil

-1 cup of day-old bread, cubed

-5 ounces (142 grams) of baby arugula

-1 and 1/2 ounces (43 grams) Verdini purple radish microgreens

-4 ounces (113 grams) of Ta'amti Feta Cheese, crumbled

These are the ingredients for the toppings

1 and 1/2 cups Bartenura Balsamic Vinegar

-2 tablespoons Gefen Honey



Sriracha Sweet Potato Hummus

Sweet Potato Hummus is slightly spicy but majorly delicious. This spicy hummus is also vegan, gluten-free, and perfect for meal prep! Enjoy this healthy and easy homemade hummus recipe for an appetizer, snack, in a bowl, or on a sandwich.

★★★★★ 5 from 2 votes



PREP TIME

10 mins

COOK TIME

10 mins

TOTAL TIME

20 mins



COURSE

Appetizer

CUISINE

American



SERVINGS

2 Cups

INGREDIENTS

- 1 Can Chickpeas
- 1.5 Cups Sweet Potato ~ 1 medium-large sweet potato
- 4 Tablespoons Avocado Oil Can sub olive oil
- 3 Tablespoons Tahini
- 2 Tablespoons Sriracha
- 1 Tsp Minced Garlic
- 1/4 Tsp Salt
- 1/4 Tsp Cumin
- 1/4 Tsp Paprika

INSTRUCTIONS

1. Prepare your sweet potato by baking in the oven or microwaving. For the oven: preheat your oven to 425F. Pierce your sweet potato 4-5 times and bake for 45-50 minutes or until the thickest part of the sweet potato is cooked through. For the microwave: pierce your sweet potato 4-5 times. Place on a microwave-safe plate and microwave for 10 minutes, flipping halfway through.
2. Rinse and drain your chickpeas. Remove the skin of your potato and place all of your ingredients in a food processor.
3. Blend until smooth, scraping down the sides occasionally to make sure everything is blended.
4. Taste and adjust taste/spice level as desired. If hummus is still too thick, add more avocado oil.

5. Serve immediately or store in an airtight container in the fridge for up to five days.



Tried this recipe?

Let us know how it was!

Strawberry-Rhubarb Soup

From: The Silver Platter

Submitted by Amelia in Grade 2

Strawberry-Rhubarb Soup

pareve | dairy option | passover | gluten-free | yields 6 servings

Ingredients

4 cups fresh or frozen strawberries

4 cups fresh or frozen rhubarb pieces

2 large apples, peeled, cored, and sliced

¼ cup sugar

4 cups water

6 sprigs fresh mint, for garnish

Method

1. In a medium saucepan, combine strawberries (trimmed if fresh), rhubarb, apples, sugar, and water. Bring to a boil.
2. Reduce heat. Simmer, partially covered, for 10-15 minutes or until fruit is tender. Let cool slightly.
3. Using an immersion blender, purée soup. If too thick, add a little water.
4. Transfer to a container. Cover and refrigerate for 3-4 hours or overnight.
5. Serve chilled. Garnish with fresh mint.

Norene's Notes

- Variation: For a dairy option, top with a dollop of Greek yogurt.



Sugar Cookie Ingredients

Butter

Use unsalted butter that's just soft enough to be pliable, but not warm enough to be greasy. If you press your fingertip into the butter it should leave a slight indentation, but should not be soft and mushy.

Sugar

Simply spoon white granulated sugar into your measuring cup and level it off with the flat edge of a knife, spatula, or bench scraper.

Eggs

Use cool or room temperature large eggs.

Vanilla extract

For the best flavor, use real vanilla extract instead of imitation vanilla.

Flour

Use all-purpose flour. To measure flour, fluff it up with a spoon in the bag or container, then use the spoon to scoop it into the measuring cup and level it off. Don't pack the flour into the measuring cup or the ingredient ratio will be off and your cookies may turn out too dry and crumbly.

Baking powder

Baking powder is a leavening agent and helps the cookie dough rise while baking.

Salt

Use regular table salt for this recipe.

Tips and Techniques

Cream the butter and sugar

The first thing you'll do is beat together the butter and sugar with an electric mixer (hand-held or stand mixer) until the mixture is light and fluffy. Depending on the mixer you use, this could take four to five

minutes. Why do you cream butter and sugar in the first place? It's all about incorporating air into the mixture. The micro pockets of air you create by creaming cause the dough to rise as it bakes so your cookies will be light in texture instead of flat and dense. Cool (not cold) butter works best; butter that's too warm won't let you create the structure you need.

Add eggs and vanilla

After the butter and sugar are creamed, add the eggs and vanilla. Many home cooks like to add the eggs one at a time. You'll want the eggs and vanilla to be thoroughly mixed into the butter and sugar before adding the dry ingredients.

Add flour, baking powder, and salt

Measure these dry ingredients into a separate bowl, whisk them together thoroughly, then turn your mixer to a lower speed and stir the flour mixture into the butter and sugar mixture. Be sure to scrape the sides of the mixing bowl a couple of times so there are no streaks of flour in the dough.


Cover and chill the dough

Cover the dough with plastic wrap and refrigerate for at least one hour. This firms up the butter in the dough and helps prevent the cookies from spreading as they bake.

How to Make Sugar Cookie Cutouts

Remove the dough from the refrigerator and let it sit at room temperature for a few minutes while you turn on the oven, prep your baking sheets, and gather your cookie cutters. By the time you're ready to roll, the dough will be easier to handle. Dust your countertop and rolling pin with flour to prevent the dough from sticking. Roll the dough into an even thickness, about $\frac{1}{4}$ to $\frac{1}{2}$ inch. Dip the sharp edge of your cookie cutter into flour and cut out shapes. Place them on a cookie sheet lined with parchment paper, leaving an inch or more of space between the cutouts. This space

allows the dough to spread slightly and the hot oven air to circulate around each cookie for even baking.



How to Bake Sugar Cookies

Good baking requires more than just popping something into the oven. For one thing, there's the temperature. Every oven heats differently. That's why we always recommend you use an oven thermometer to measure the real temperature before you start baking. And then there are the oven hot spots. To make sure your cookies (or any baked goods) bake evenly, it's a good idea to rotate your pan halfway through the baking time.

These sugar cookies take only six to eight minutes to bake. You want them to be slightly browned around the edges but still light in color overall. Transfer them to a wire rack to cool completely; they'll firm up as they cool.

Note: Lining your baking sheet with parchment paper allows you to slide the cookies, paper and all, onto the rack so you don't have to touch the warm cookies and risk bending or breaking them if you tried to pry them off the sheet with a spatula. This is especially important if you're baking sugar cookie cutouts with intricate shapes. After the cookies cool for about 10 minutes, you can slide them off the parchment paper itself and reuse the paper for another batch of cookies. Be sure your baking sheet is completely cooled before loading it up again. You don't want to melt the cookies before they bake.

How to Decorate Sugar Cookies

The main thing to remember is to let the cookies cool completely before applying cookie icing or frosting so the heat from the cookies doesn't melt it off.

How to Store Sugar Cookies

Sugar cookies can be stored in an airtight container in the refrigerator for about three days before they start losing their freshness. If you've decorated your cookies with royal icing which dries hard to the touch, you can stack the cookies. Cookies decorated with soft frosting should be stored in single layers, or with parchment paper or waxed paper between the layers if you have to stack them. You can freeze sugar cookies in airtight freezer bags for up to three months.



The Best Chocolate Chip Cookie Recipe Ever - From Liv in JK

<https://joyfoodsunshine.com/the-most-amazing-chocolate-chip-cookies/>

Ingredients:

- 1 cup salted butter softened
- 1 cup white (granulated) sugar
- 1 cup light brown sugar packed
- 2 tsp pure vanilla extract
- 2 large eggs
- 3 cups all-purpose flour
- 1 tsp baking soda
- ½ tsp baking powder
- 1 tsp sea salt
- 2 cups chocolate chips (or chunks, or chopped chocolate)

Instructions

1. Preheat oven to 375 degrees F. Line a baking pan with parchment paper and set aside.
2. In a separate bowl mix flour, baking soda, salt, baking powder. Set aside.
3. Cream together butter and sugars until combined.
4. Beat in eggs and vanilla until fluffy.
5. Mix in the dry ingredients until combined.
6. Add 12 oz package of chocolate chips and mix well.
7. Roll 2-3 TBS (depending on how large you like your cookies) of dough at a time into balls and place them evenly spaced on your prepared cookie sheets. (alternately, use a small cookie scoop to make your cookies).
8. Bake in preheated oven for approximately 8-10 minutes. Take them out when they are just BARELY starting to turn brown.
9. Let them sit on the baking pan for 2 minutes before removing to cooling rack.

Ultimate Hummus Sandwich

Prep Time: 10 minutes Cook Time: 0 minutes Yield: 2 sandwiches 1x

A hummus sandwich is the best healthy easy lunch idea! This plant based recipe takes just a few minutes to make with colorful crunchy veggies.

Ingredients

1x2x3x

- 1/4 medium cucumber
- 1 small tomato
- 1/4 small red onion
- 1/4 cup chopped jarred pickled vegetables (we used pickled cauliflower and carrots)
- 1 cup hummus
- 2 slices provolone cheese, optional (omit for vegan)
- 4 slices bread
- Microgreens or sprouts, optional
- Other optional toppings: avocado slices, roasted red pepper, lettuce, feta or goat cheese crumbles, fresh herbs, etc.

Cook Mode Prevent your screen from going dark

Instructions

1. **Chop the veggies:** Peel and slice the cucumber (or peel alternating strips as we did here). Thinly [slice the tomato](#). [Slice the red onion](#). Chop the pickled vegetables.
2. **Toast the bread:** If desired, toast the bread.
3. **Remove excess moisture:** Meanwhile, place the chopped pickles in a paper towel or clean dish towel and squeeze out any extra water. Place the tomatoes on a paper towel or towel and blot them to remove excess moisture.

4. **Build the sandwich:** Place the cucumber slices on the bottom of the sandwich to act as a moisture barrier. Top with a layer of hummus. Add the cheese (optional), pickled vegetables, red onion, tomato, and microgreens or sprouts (if using). Spread the remaining hummus on the top slice of bread and place it on top. **Note:** This sandwich is best made right before eating. If you're bringing it outside the house like to work, we recommend chopping the components in advance, then building the sandwich right before you eat it. To make it in advance, you could make it as a wrap.

nutrition facts

Serves 2

Calories Per Serving: **508**

% DAILY VALUE					
Total Fat 19.3g	25%	Saturated Fat 6.5g	Total Carbohydrate 62.8g	23%	Dietary Fiber 7g 25%
Sugars 3.4g		Protein 20.9g	42%	Vitamin A 69.9µg	8% Vitamin C 11.9mg 13%
Calcium 304.1mg	23%	Iron 4.4mg	24%	Vitamin D 0.3µg	1% Magnesium 64.9mg 15%
Potassium 382.3mg	8%	Vitamin B6 0.6mg	35%	Vitamin B12 0.4µg	17%

Find it online: <https://www.acouplecooks.com/hummus-sandwich/>

Ultimate Rainbow Vegetable Sandwich

★★★★★ 4 from 1 reviews

Prep Time: 20 minutes **Cook Time: 10 minutes** **Yield: 2 large sandwiches** 1x

How to make eating vegetables fun? Try this colorful rainbow vegetable sandwich, which is as delicious as it is beautiful!

Ingredients

1x2x3x

For the pickled radishes

- 1/2 cup thinly sliced radishes
- 1/2 cup apple cider vinegar
- 1 1/2 tablespoons sugar
- 1 teaspoon [kosher salt](#)

For the roasted peppers

- 1 red bell pepper
- 1 yellow bell pepper
- 1 tablespoon olive oil
- 2 to 3 pinches [kosher salt](#)

For the herb goat cheese spread

- 4.5 to 6 ounces goat cheese, softened (for vegan, substitute 1/2 cup hummus)
- 1/2 teaspoon olive oil
- 1 tablespoon chopped fresh basil
- 1 teaspoon chopped fresh oregano

For the vegetable sandwich

- 4 slices bread (gluten-free if desired, or [Homemade Bread](#), [Dutch Oven Bread](#), or [Artisan Bread](#))

- 1/2 avocado, sliced
- 2 large leaves lettuce
- 1/4 red onion, sliced

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Instructions

1. **Make the pickled radishes:** Slice the radishes and place them in a jar or cup. In a bowl, whisk together the vinegar, sugar, and salt until the sugar and salt dissolve. Pour over the sliced radishes. Let sit at room temperature for at least 30 minutes, or 1 hour if time. You can make this a day or 2 ahead of time and store it in the fridge or in a sealed container or jar.
2. **Make the roasted peppers:** Preheat the broiler to high. [Slice the peppers](#). Rub the pepper slices with the olive oil and place them on a baking sheet, skin side up. Broil the peppers until the skin becomes blackened and charred, about 8 to 10 minutes. Remove from the oven and sprinkle with a few pinches of [kosher salt](#).
3. **Make the herb goat cheese spread:** In a bowl, stir together the goat cheese, olive oil, basil, and oregano until combined.
4. **Prep the other veggies:** If desired, soak the red onion in cold water for a few minutes to remove the bit. Wash the lettuce. [Slice the avocado](#). Slice the bread.
5. **Assemble the sandwiches:** Spread 2 slices of the bread with the goat cheese spread. Top with red onion, lettuce, avocado, yellow and red peppers, pickled radishes, and the remaining pieces of bread.

Notes

Reprinted with permission from [The Pretty Dish](#) by Jessica Merchant

Find it online: <https://www.acouplecooks.com/ultimate-rainbow-vegetable-sandwich/>

Vegan Mushroom Pizza Blanco

- by Brigitte Ruel

Pizza Blanco used to be off-limits for vegans because the base is usually a cream, ricotta, or bechamel dairy-heavy base. My recipe has replaced the dairy with vegan ingredients and created something crazy delicious anyways. The vegan ingredients are available in the health food section at the Superstore or at the Natural Food Pantry.

Ingredients

- pizza dough or pre-made pizza crust
- 2-3 Tbs veganaise
- 1/2 Tbs olive oil
- 1 cup of shredded Vegan Mozzarella cheese (Violife and Earth Island are good choices)
- 4 cups of your favourite mushroom varieties, chopped (I like porcini and rehydrated morels)
- 8 cloves of garlic, minced
- 1 large red onion, diced
- fresh thyme sprigs
- salt and pepper to taste

Preheat oven to 450

In a pan, fry up your mushrooms, garlic, and onion with a sprinkle of salt and pepper in olive oil until nice and caramelized. This takes a while, at least 15 minutes.

While that is cooking, spread out your pizza dough into any shape on a pizza pan oiled with olive oil. Spread a thin layer of veganaise over your dough and lightly sprinkle with mozzarella cheese. Let your dough rise happily while your toppings are cooking.

Spread your caramelized toppings evenly over the top. Sprinkle generously with fresh thyme and feel free to lay whole thyme sprigs over the top.

Bake until crust is very golden underneath, approximately 8-10 minutes.

This is one of the quick soups that I make with the Instant Pot. I have slightly modified the recipe from this website:

<https://www.karissasvegankitchen.com/vegan-instant-pot-split-pea-soup/>

Vegan split pea soup made easy and quick in the Instant Pot!

Ingredients

- 1 lb dried green split peas
- 1 tablespoon olive oil
- 1 yellow onion chopped
- 6 cloves garlic finely chopped
- 1 teaspoon paprika
- 1/2 teaspoon dried thyme
- 1/2 teaspoon marjoram
- 1/4 teaspoon black pepper
- 1 teaspoon of cinnamon
- 6 cups vegetable stock/broth
- 2 cups of baby carrots
- Salt to taste

Instructions

- Rinse split peas. Set aside.
- Set the Instant Pot to saute mode. Add the oil and saute the onion until translucent.
- Add the garlic, paprika, cinnamon, thyme, marjoram, and pepper. Saute for another 2 minutes.
- Add the split peas, vegetable stock, and carrots to the Instant Pot.
- Put the lid on and set the valve to sealing.
- In manual mode, set the Instant Pot to 15 minutes. It will take about 10-15 mins to pressurize before it starts the 15-minute countdown.
- When the timer goes off, let the pot naturally release for 15 minutes. To finish depressurizing, carefully manually release the valve ("Quick Release").
- Add salt to taste.
- Serve with warm rolls and butter
- Ground Pepper to taste

Notes

*I use a 6-quart Instant Pot. Use the same recipe for an 8-quart. Halve the recipe for a 3-quart.

* Can substitute dried thyme and marjoram for your favorite herbs and spices (I like to use 1 teaspoon of garam masala in place of margoram).

Nutrition

Calories: 402kcal | Carbohydrates: 74g | Protein: 22g | Fat: 3g | Saturated Fat: 1g | Sodium: 996mg | Potassium: 1358mg | Fiber: 23g | Sugar: 11g | Vitamin A: 4787IU | Vitamin C: 28mg | Calcium: 75mg | Iron: 5mg

Submitted by James Fraser for Ariel F Grade 2

Waffle Fries Recipe!!

INGREDIENTS

4 cups ice cubes
2 pounds russet potatoes (3 to 4 medium potatoes)
1 medium lime
1 canned chipotle pepper in adobo sauce, plus 1 to 2 tablespoons of the sauce
1/2 cup mayonnaise
1 1/2 teaspoon kosher salt, divided
1/2 teaspoon freshly ground black pepper
1/2 teaspoon onion powder
1/4 teaspoon garlic powder
1/4 teaspoon smoked paprika
2 quarts (8 cups) vegetable or canola oil, for deep-frying

Recipe

Fill a large bowl with 4 cups of ice and top with cold water. Scrub 2 pounds russet potatoes under running cold water and pat dry with paper towels. Using a mandoline set to waffle cut or a hand-held crinkle cutter, carefully slice the potatoes to 1/4-inch or 1/8-inch thickness. Start the first cut crosswise, then rotate the potato 90 degrees in between each cut. Transfer to the ice bath and chill for 15 to 30 minutes.

Meanwhile, prepare the following, adding each to a small bowl once you complete it: Finely grate the zest of 1 lime until you have 1/2 teaspoon zest; juice the lime until you have 1 tablespoon juice; finely mince 1 canned chipotle pepper; add 1 to 2 tablespoons adobo sauce (depending on your spice preference), 1/2 cup mayonnaise, and 1/2 teaspoon of the kosher salt; stir to combine.

Place the remaining 1 teaspoon kosher salt, 1/2 teaspoon ground black pepper, 1/2 teaspoon onion powder, 1/4 teaspoon garlic powder, 1/4 teaspoon smoked paprika to a second small bowl and whisk to combine. Heat 2 quarts vegetable or canola oil into a large Dutch oven over medium heat until 260°F. To test if it's hot enough, add a small piece of potato. It should sink and tiny bubbles should expel from it. Meanwhile, drain the potatoes and rinse under cold water. Lay on a clean dish towel (or large sheets of paper towels) and pat potatoes dry. Line a large rimmed baking sheet with paper towels.

Working in 2 or 3 batches, add the fries and fry, stirring with a spider or slotted spoon to prevent sticking, for 3 minutes. The potatoes will have no color and will be slightly softened. Using a slotted spoon, transfer to the baking sheet and arrange in a single layer.

Increase the heat to medium-high and heat the oil to 350°F. To test if it's hot enough, add a small piece of potato. It should rise to the top and bubble fiercely. Line a second baking sheet with paper towels or fit with a wire rack.

Working in 2 to 3 batches, fry waffle fries until golden-brown and crispy, 1 to 3 minutes. Use a slotted spoon to flip individual slices to ensure they brown evenly. Transfer to the second baking sheet.

Sprinkle the fries with the spiced salt blend and toss to coat. (It may seem like a lot of seasoning, but you will lose some as it falls through the holes). Serve with the chipotle-lime mayonnaise for dipping.



WHIPPED FETA DIP WITH ZA'ATAR

ALYSE
BACA

2/8/2022



Lookin' to freshen things up in the snack department? Look no further than our zingy, tangy, oh-so-savory whipped feta dip with Za'atar. Funky, fluffy feta is complemented nicely with a dollop of sweet honey and a drizzle of high-quality olive oil. Top it all off with a sprinkling of our zesty, perfectly floral **Za'atar**, and voila!

Yield: 6-8 servings
Time: 5 minutes

INGREDIENTS

- 8 oz. block of feta cheese
- ½ cup Greek yogurt
- 2 Tbsp lemon juice
- 1 Tbsp water
- 1 Tbsp honey
- 2 Tbsp extra virgin olive oil, plus more for garnish
- 1 clove garlic, smashed
- 1 Tbsp **Spicewalla Za'atar** plus more for garnish
- Salt and Pepper, to taste
- Pita chips or Naan for serving

PREPARATION

1. Add feta, yogurt, lemon juice, water, honey, olive oil, garlic, **Za'atar**, salt, and pepper to a food processor or blender.
2. Blend until fully combined.
3. Place in a serving bowl, drizzle with olive oil and finish with a sprinkle of more **Za'atar**.
4. Serve immediately with pita chips or naan wedges.
5. Enjoy!

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Yogurt Bowls (4 Ways)

★★★★★
4.67 from 3 votes

Sharing how to make the best yogurt bowls with four different topping variations. They're protein-packed, easy to make and perfect for breakfast or a snack.

Prep Time
10 mins

Total Time
10 mins

Course: Breakfast Cuisine: American Keyword: yogurt bowls Servings: 1
Author: Brittany Mullins

Ingredients

Berries, granola and honey

- 1 cup plain Greek yogurt full fat, 2% or 0%
- ¼ cup raspberries strawberries and blueberries
- ¼ cup granola
- Drizzle of honey

Tropical

- 1 cup plain Greek yogurt full fat, 2% or 0%
- ½ banana sliced
- ¼ cup chopped mango
- 2 Tablespoons unsweetened toasted coconut shreds

Chunky Monkey

- 1 cup plain Greek yogurt full fat, 2% or 0%
- ½ banana sliced
- 1 Tablespoon natural peanut butter or almond butter
- 2 Tablespoons chocolate chips or cocoa nibs

Peanut Butter & Jelly

- 1 cup plain Greek yogurt full fat, 2% or 0%
- 1 Tablespoon natural peanut butter or almond butter
- 1 Tablespoons strawberry chia jam or your favorite store-bought jam

Instructions

1. Add yogurt to a bowl and top with toppings. Use a spoon to swirl the toppings in and enjoy!

Notes

Nutrition information is for the Berries, granola and honey bowl.

Nutrition

Serving: 1 bowl | Calories: 344kcal | Carbohydrates: 30g | Protein: 23g | Fat: 16g | Saturated Fat: 10g | Cholesterol: 30mg | Sodium: 159mg | Potassium: 65mg | Fiber: 2g | Sugar: 19g