

# Healthy Passover Recipes 2015





When I was growing up, the first thing that marked the coming of the Passover holiday in our pantry, were boxes upon boxes of Bartons Chocolates. For a home that otherwise never contained candy, this was VERY exciting. My mother is a wonderful cook and though now she is certainly much more focused on health, many decades ago the holiday was filled with recipes containing ingredients like Nyafat, sugar, matza meal, eggs and LOTS of potatoes. Butter was in the fridge...a once a year occurrence as well, and matza brei was the morning specialty. My mother makes the BEST matza brei...crispy and completely coated with caramelized sugar. Yes, Passover was here!

With my new healthy life, came a new focus. I wanted my kids to look forward to Passover, to still enjoy special foods, but most importantly, I wanted to be able to stay focused on my health. This is my mindful choice over this eight day holiday. What my coach Shari Marks shared with me, and what we have been able to expound upon together for our clients over the last few years, is a wonderful array of flavorful and healthy Passover choices. I still buy a few boxes of Bartons (traditions die hard 😊), but they are the occasional sweets, just for my kids. I have now made it through five Passovers without peeling, cooking or eating a single potato. With five children and lots of company, I assure you, no one has ever left my table feeling hungry or deprived. (References available upon request 😊)

In this time of celebration of our freedom, what indeed could be more liberating than learning how to enjoy our holidays and covering our tables with colorful and healthy choices? Let's all shed the chains of bondage of unhealthy choices that can lead to being ten pounds heavier at the end of Passover, and instead enjoy the freedom that our good healthy choices provide.

I hope that you enjoy this compilation of recipes...Shari poured her heart into putting our ideas and this beautiful booklet together. And a huge thank you to David Spigelman and Miriam Stobezki for their formatting assistance.

Wishing you all a very Happy and Kosher Passover!

Malka Barron

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# Passover Low-Carb, Low-Calorie Meal Plan Suggestions

These are suggestions. You can layout your day and your meals in a way that works for YOU!

	Breakfast	Lunch or 2nd Fueling	Lunch or 3rd Fueling	Mid Afternoon Fueling	Dinner (Official L & G)	Fueling #5
<b>Fri-Erev Pesach</b>	Last TSFL meal replacement before cutoff time	Vegetable Quiche Cups	2 tuna patties with 1 cup lettuce and 1/4 pepper cut into sticks	2-3 oz bbq chicken, pureed asparagus soup	Clear chicken broth with veggies, 2-3 oz meat/chicken, Popcorn cauliflower, Broccoli slaw	Afikomen
<b>Shabbos/ 1st Day of Yom Tov</b>	Plain Greek Yogurt with two sliced strawberries or 12 blueberries	Kiddush: Herring/White fish/SF Gefilte fish with dilled cucumber salad	3-4 oz Salmon, 1/2c stir fried broccoli, water chestnuts and red pepper, 1 cup salad greens, 1 t fat free dressing	Stuffed Cabbage served on bed on glazed bok choy		Afikomen
<b>Sunday</b>	Cottage Cheese/Choc Pudding Mixture	Tuna Patties & Veggie Strips	Chicken Caesar Salad	Zucchini Noodle Alfredo	Southwestern Egg Omelet	Chocolate Almond Milk Shake and Berries
<b>Monday</b>	Spinach Omelet	Greek Yogurt with Berries	Cottage Patties With Tossed Green Salad	Zucchini Noodle Pesto with low-fat cheese	Tilapia With Cauliflower Mashed Potatoes & Brocolini	Kale Chips with Southwestern Egg Muffin

	<b>Breakfast</b>	<b>Lunch or 2nd Fueling</b>	<b>Lunch or 3rd Fueling</b>	<b>Mid Afternoon Fueling</b>	<b>Dinner (Official L &amp;G)</b>	<b>Fueling #5</b>
<b>Tuesday</b>	Salsa Omelet	Chocolate or Vanilla Almond Milk Shake	Zucchini Pizza	Frittata Muffin	Twice Baked Turnips-MF recipe	Mini SF Cin-Matza Bry (Egg whites)
<b>Wednesday</b>	Greek Yogurt With Berries	Southwestern Egg Muffin	Tuna or Egg salad Green, Radishes Green Onion	Mini Spinach Quiche with Cheese	Cauliflower Pizza	Kale Shake with Almond Milk
<b>Thursday</b>	Spinach Omelet	Greek Yogurt with Berries	Greek Salad-Feta, Tomato, Cucumber, Olives	SF Chocolate or Vanilla Shake	Pesto Salmon with turnip fries	Frittata Muffin
<b>Friday</b>	Asparagus egg white scramble with parmesan	Radish chips, Zucchini Soup Puree with Cheddar	Ahi with Cauliflower Taco Shells	Mini Meatloaf Cupcakes 1-2servings (adapted from Fit & Festive Fall Recipes)	Clear Chicken Broth, Mushroom Chicken Breast (2-3oz)Roasted Spaghetti Squash with Kale	Berries with Parve SFChocolate Pudding
<b>Shabbos</b>	Greek Yogurt Shake with Coffee +SF Choc Syrup	Kiddush-Herring /white fish SF Gefilte fish on small lettuce/cabbage plate	Cabbage Salad, Broccoli Salad with Slivered Almonds, Grilled Chicken Breast or Caesar Salad with Chicken Strips	Salmon Salad Stuffed in Green Peppers	Seudah Shlishi Tuna tossed salad	Mini Zucchini Pizza or Greek Salad

# Healthy Passover Recipes

## Spinach and Mushroom Crust-less Mini-Quiche



These little “quiches” are crust-less, and therefore super low-carb. Only 3 ingredients! They’re quick, easy, satisfying, and absolutely wonderful to have at breakfast, brunch, or even as a savory party appetizer. They’re good hot from the oven, or even cold from the fridge. Now that’s my kind of quiche!

### Ingredients

- 6 egg whites
- 1/2 Cup White or Baby Bella Mushrooms, chopped
- 1/2 Cup Leaf Spinach, chopped
- Olive Oil
- Black Pepper and Sea Salt to taste

### Directions

Preheat oven to 400°

In a skillet over medium-high heat, toss mushrooms with about 1 tsp olive oil for about 5 minutes or until cooked. Turn off the heat and add the spinach, stirring constantly to mix for 1 minute. Pour into a bowl.

Crack 6 eggs into the bowl with the spinach and mushrooms and whisk ingredients together. Add some fresh ground black pepper to suit your personal tastes and whisk again.

Use 2 mini muffin trays and spray with cooking spray or olive oil. Fill each cup 3/4 full of egg mixture.

Place in the oven for 15 minutes.

Remove from the oven and allow to cool for a minute before removing from pans. Sprinkle with sea salt and serve hot, or chill in the fridge until cold and serve.

*Optional:* Add shredded Parmesan cheese on the top of each quiche for some extra flavor.

## Vegetable Quiche Cups

Source: South Beach Diet Cook Book

### Ingredients

- 1 (10 ounce) package frozen chopped spinach
- 3/4 cup liquid egg substitute
- 3/4 cup shredded reduced-fat monterey jack cheese
- 1/4 cup diced green bell pepper
- 1/4 cup diced onion
- 3 drops hot-pepper sauce (optional)
- salt and pepper to taste

### Directions

Microwave the spinach for 2 1/2 minutes on high. Drain the excess liquid.  
Line a 12-cup muffin pan with foil baking cups. Spray the cups with cooking spray.  
Combine the egg substitute, cheese, peppers, onions, spinach, salt and pepper in a bowl.  
Mix well.  
Divide evenly among the muffin cups.  
Bake at 350 degrees F for 20 minutes, or until a knife inserted in the center comes out clean.

## Meringue / Macaroon Cookies

### Ingredients

- 4 egg whites
- 1 cup Splenda (adjust to taste)
- 1 tsp. vanilla
- 1 tsp. almond extract

*Optional:* To make it more like a Macaroon, One teaspoon of almond meal is one condiment. If you add ½ cup of almond meal to this recipe each cookie will count as 1 ½ condiments. If you add ¼ cup each cookie is 1 ¼ condiments.

### Directions

Preheat oven to 350 degrees F. Line cookie sheet with foil or parchment. Set aside.

Beat egg whites until fluffy; gradually add sugar, vanilla and almond extract. Continue beating until soft peaks form.

Drop by teaspoon onto covered cookie sheets. Bake 10 minutes. (Do not let cookies start to brown.)

Turn off heat, and leave cookies in closed oven until cookies are dry, generally at least 4 hours or overnight.

## Zucchini Noodle Alfredo

Adapted from Jamie Geller's Joy of Kosher

Original recipe has been modified

Video link: <http://bit.ly/1ArW8rh>

This low-carb Zucchini Noodle Alfredo is rich and creamy. It makes a great side-dish to a main fish dinner, or a delicious appetizer before a lighter meal. Makes 6 servings.



### Ingredients

- 3 medium zucchini
- 1 tablespoon olive oil or 1 tablespoon unsalted butter
- 1 large clove garlic, finely chopped
- 1 teaspoon finely grated lemon peel
- 1-2 teaspoons potato starch
- ½ to 1 cup kosher-for-Passover almond milk
- 2 ounces (¼ package) Philadelphia Cream Cheese, cut into ½ inch chunks
- 4 tablespoons grated Romano or low-fat cheese of your choice
- 4 tablespoons grated Parmesan cheese
- 3 tablespoons chopped fresh parsley
- Freshly ground pepper to taste

### Directions

Using a good quality julienne peeler, cut the zucchini into long strands (julienne cut, as thin as spaghetti).

Place the zucchini julienne in a single layer on top of a double layer of paper towels. Let air dry for 4 hours.

Pour the olive oil into a large non-stick sauté pan over medium heat. Add the zucchini julienne and cook, tossing the strands occasionally with tongs, for about 2 minutes. Set aside.

To make the sauce, heat the butter in a deep sauté pan over low-medium heat. When the butter has melted and looks foamy, add the garlic and lemon peel and cook for about one minute or until the garlic has softened.

Whisk in the potato starch and cook for about one minute.

Gradually pour in the milk, whisking the ingredients to keep the sauce smooth.

Add salt to taste and cook for 2-3 minutes, whisking constantly, until the sauce is smooth and thick.

Add the cream cheese and Romano cheese and whisk the ingredients until the cheeses are completely blended into the sauce.

Stir in the chopped parsley.

Add the sautéed zucchini julienne to the sauce and toss with tongs until well coated. Serve topped with the grated Parmesan cheese and freshly ground black pepper to taste.

## Cauliflower Bread Sticks



### Bread Stick Ingredients

- 1 cup raw grated cauliflower (2 Greens)
- 1/4 cup egg substitute\*
- 1 cup shredded or 4 oz, 2% light mozzarella, divided (1 Lean)
- Garlic salt and Italian seasonings, to taste

\*You are able to add up to 2 oz. of additional protein per Nutrition Support

### Marinara Sauce Ingredients

- 1/2 cup Italian diced tomatoes - less than 5 g of carbs per serving (1 Green)

You can also use Walden Farms Marinara Sauce, but 1/4 cup is considered to be 2 condiments and is not a vegetable. You would have to add a third of veggies to your meal if you choose this option.

### Directions

Puree Italian diced tomatoes in a small chopper. Set aside.

Preheat oven to 350.

Mix cauliflower, 1/4 cup egg substitute, and 3 oz or 3/4 cup shredded mozzarella together in a bowl until combined.

Line a 9 x5 loaf pan with parchment paper and lightly spray with Pam.

Pour mixture into pan about 1 -1/2 inch deep. It is okay if the mixture does not cover the entire pan.

Bake at 350 for 30 min or until set.

Lift the edges of the parchment and place bread with parchment on to cookie sheet. Carefully use a spatula to lift the edges of the dough off the parchment and flip the dough. Bake for an additional 15 minutes at 450 degrees.

Take out of oven and with a pizza cutter, slice strips through set dough. Separate slightly.

Sprinkle with garlic salt, Italian seasonings and 1 oz or 1/4 cup 2% reduced-fat mozzarella or three-cheese blend.

Continue baking at 450 degrees for about 10 more minutes until cheese is melted.

Serve with marinara sauce.

## Spaghetti Squash with Tomatoes, Feta and Basil



### Ingredients

- 3 cups prepared spaghetti squash (6 greens)
- 1 tablespoons olive oil (3 healthy fats)
- 2 cloves garlic, minced (2 condiments)
- 1 cup chopped tomatoes (2 greens)
- 1/2 cup chopped zucchini (1 green)
- 3/4 cup crumbled reduced fat feta cheese (3/4 Lean)
- 1 teaspoon basil (1 condiment)

### Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.

Place spaghetti squash cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance.

Remove squash from oven, and set aside to cool enough to be easily handled.

Use a large spoon to scoop the stringy pulp from the squash and set aside 3 cups. Save the rest for later.

Meanwhile, heat oil in a skillet over medium heat.

Sauté garlic in oil until browned, 2 to 3 minutes.

Stir in the tomatoes, zucchini, and olives and cook only until warm.

Toss squash with the sautéed vegetables, feta cheese, and basil.

Serve warm.

## Roasted Spaghetti Squash and Kale



### Ingredients

- 1 whole Spaghetti Squash
- Olive Oil
- Salt and Pepper
- 2 bunches Kale, stalks removed and torn into pieces
- 1/2 whole Onion, diced
- 1/2 teaspoon Chili Powder
- 1 teaspoon Balsamic Vinegar

### Directions

Preheat the oven to 350 degrees.

With a sharp knife, VERY CAREFULLY cut the spaghetti squash in half lengthwise. (Stick the knife into the center of the squash, then cut down. Again---be careful!)

Scoop out the seeds and pulp in the center and discard. Place the squash, cut side up, on a large baking sheet.

Rub a little olive oil over the cut surface, then place the pan in the oven for 1 hour or until a fork is easily inserted into the squash.

While the squash is cooking, sauté the kale:

Heat 1 tablespoon olive oil in a large skillet over medium-high heat.

Add the onion to the pan and cook for 3 to 4 minutes, or until starting to turn color.

Throw in the kale, sprinkle in some salt and pepper, and stir to sauté until the onions are golden and the kale is partly cooked – about 5 minutes. Set aside.

When the squash is cooked, use a fork to scrape the stringy squash out of the shell.

Add the squash to a bowl.

Mix together 1 tablespoon olive oil with the balsamic vinegar. Drizzle it over the squash, sprinkle with salt and pepper, and add the chili powder. Toss to combine.

Add the squash to individual bowls, then top with a good amount of sautéed kale. You will have squash left over. (Or, you can toss all the kale and half the squash together.)

## Hearty Fish Chowder

### Ingredients

- 1 medium onion, chopped
- 3 cups chopped daikon radish
- 2 1/2 cups parve chicken stock
- 1/2 tsp dried thyme
- Salt and pepper to taste
- Almond Milk
- 1 lb fresh white fish like cod, pollock or tilapia, chopped
- 1 tbsp butter

### Directions

Umm... There don't seem to be any. Just throw it all together and hope it comes out good.

## Creamy Cottage Cheese Pudding

### Ingredients

- 1/2 cup cottage cheese 1% - only 3 carbs
- 2 tablespoon of a Sugar Free Chocolate Pudding or UBET Sugar Free syrup (more or less to taste)
- You *may* also choose to add a drop of cream cheese
- 1-2 teaspoons water

### Directions

Put everything into a blender and blend until smooth. It makes a creamy pudding, and really curbs a sweet-tooth.

*Optional:* Try this with Vanilla flavoring / SF Vanilla Pudding, and/or cinnamon

## Roasted Garlic Chicken Meatballs



### Ingredients:

- 1 head garlic
- 1 tbsp avocado oil (or olive oil, if you prefer)
- Salt and pepper
- 2 lbs ground chicken
- 1/4 cup almond flour
- 3 tbsp coconut flour
- 2 eggs
- 1 tsp garlic powder
- 3/4 tsp salt
- 1/4 tsp pepper
- 1/4 cup butter or coconut oil for frying

Replacing the bread crumbs with some almond and coconut flour helps bind these chicken meatballs and make them far healthier. Some roasted garlic gives these chicken meatballs a great flavor and they are perfect served over zucchini noodles or mashed cauliflower.

### Directions

Preheat oven to 400F and cut top off head of garlic to expose the tops of each bulb. Remove outer skins of garlic head, but keep bulbs intact to the base.

Place garlic head on a sheet of foil and drizzle with avocado oil. Sprinkle with salt and pepper. Roast one hour. Remove from oven and let sit until cool enough to handle.

Use your fingers to squeeze out garlic from each bulb into a small bowl. Mash with a fork.

For the Chicken meatballs, preheat oven to 350F and line a large baking sheet with parchment paper.

In a large bowl, combine chicken, almond flour, coconut flour, eggs, garlic powder, salt, pepper and mashed garlic paste. Mix well to combine.

Form into 1 & 1/2 inch balls and place on prepared baking sheet. Bake 15 minutes.

In a large skillet over medium, heat 2 tbsp butter or oil until melted. Add half of the meatballs, turning to brown on all sides, about 6 minutes. Repeat with remaining butter or oil and remaining meatballs.

Serve over zucchini noodles or mashed cauliflower.

## Cilantro Lime Cauliflower Rice

Source: SkinnyTaste.com



### Ingredients

- 1 medium head (about 24 oz) cauliflower, rinsed
- 1 tbsp extra-virgin olive oil
- 2 garlic cloves
- 2 scallions, diced
- kosher salt and pepper, to taste
- 1-1/2 limes
- 1/4 cup fresh chopped cilantro

### Directions

Remove the core and let the cauliflower dry completely.

Coarsely chop into florets, then place half of the cauliflower in a food processor and pulse until the cauliflower is small and has the texture of rice or couscous – don't over process or it will get mushy. Set aside and repeat with the remaining cauliflower.

Heat a large sauté pan over medium heat, add olive oil, scallions and garlic and sauté about 3 to 4 minutes, or until soft.

Raise the heat to medium-high. Add the cauliflower "rice" to the sauté pan.

Cover and cook approximately 5 to 6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside.

Season with salt and pepper to taste.

Remove from heat and place in a medium bowl; toss with fresh cilantro and lime juice to taste.

Makes 5 servings.

## Almond Flour Biscuits



### Ingredients

- 2 ½ cups blanched almond flour
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 1/8 tsp baking powder
- 3 tbsp butter, melted (or melted coconut oil )
- 1 tbsp pure honey (I prefer sage honey due to its mild flavor)
- 3 tbsp unsweetened almond milk
- 2 large eggs

### Directions

Preheat oven to 350 degrees. In a medium bowl, combine almond flour, salt, baking soda and baking powder.

In a small bowl, whisk together melted butter and honey, until smooth. Add the buttermilk and eggs, whisking together until well combined. Using a spoon, stir the wet mixture into the dry mixture until thoroughly combined.

For quick and easy drop biscuits: Drop biscuit dough by large spoonfuls onto a baking sheet lined with parchment paper , placing the biscuits approximately two-inches apart.

For classic-style rolled-looking biscuits: Scoop a large spoonful of batter into your hands and roll into a ball about the size of an apricot. Then place the dough balls on a parchment-lined baking sheet and gently flatten using the palm of your hand.

Bake about 15 minutes, until golden brown on top and a toothpick inserted in middle comes out clean. Serve warm with butter, raw honey or homemade jam

## Fluffy Little Almond Flour Pancakes (GF, DF options)

Makes 20 silver-dollar sized pancakes



### Ingredients

- 1 1/2 cups blanched almond flour
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 3 large pastured eggs, room temperature
- 1/4 cup organic cultured buttermilk (or \*pure coconut milk)
- 1 tbsp pastured butter (or coconut oil), melted
- 1 sugar free syrup or SF jelly
- 1 tsp pure vanilla extract

### Directions

Preheat griddle over medium heat.

Place all of the liquid ingredients into your blender, then place all of the dry ingredients on top. Cover and blend on low to start, then increase to high and blend at least 1 full minute.

Please note: The batter will be very thick like a thick cake batter. If it is too thick for your liking, a simple option to correct the consistency is to simply add an additional tbsp of buttermilk (or coconut milk) to the batter one tbsp at a time, blending thoroughly before adding another tbsp, until the desired consistency of batter is reached. Adding extra milk may make the pancakes a bit thinner (depending upon how much extra milk is added), but it should not dramatically impact the flavor.

Grease preheated griddle with butter (or coconut oil).

Ladle a spoonful of batter onto the griddle to form a silver dollar size pancake (about 3" in diameter).

Cook for a few minutes, until pancakes begin to dry out at edges and the bottoms are a golden brown. It's important to keep a careful eye on them as almond flour pancakes burn easily. (I like to take a little peek under one of the pancakes to check, before flipping.)

Carefully flip and cook another few minutes until done, but not over-browned.

Serve hot off the griddle with cultured butter, pure maple syrup and a medley of fresh berries.

### Options

**Fabulous Fruity Pancakes:** To make fabulous fruity pancakes, do not add fruit directly into the pancake batter. Instead, once you ladle out the batter onto the hot griddle, add a small amount of fresh whole blueberries (or other diced fruit of your choice) to the top of each pancake prior to flipping. This ensures that the pancakes cook through evenly. It's also best to use fresh fruit, since frozen fruit tends to be excessively moist and may result in a soggy pancake.

\*If using coconut milk, for best results, be sure to use full fat coconut milk, not "lite" coconut milk, or coconut milk beverages. (Natural Value brand canned unsweetened coconut milk is BPA-free and does not contain guar gum or other fillers.)

*Time Saving Tip:* Make a double batch and allow extra pancakes to cool on wire rack. Then place cooled pancakes on baking sheets and place baking sheets in freezer. Once pancakes are frozen, remove from baking sheet and place frozen pancakes in freezer-safe container. Store in freezer for up to one month. No need to thaw, simply reheat frozen pancakes in toaster oven (at 275 degrees) for a quick, healthy breakfast.

## Cauliflower Pizza



### Crust

- 1 cup Grated Raw Cauliflower or 100 g (2 Greens)
- 1/4 cup Egg Whites from the carton (1/8 Lean)
- 1/2 cup or 2 oz 2% Reduced Fat Three Cheese Mexican Blend (4/8 Lean)
- 1/8 tsp garlic powder - optional (1/4 Condiment)
- 1/8 tsp basil - optional (1/8 Condiment)

### Topping

- 1/4 cup + 2 tbsp or 1.5 oz 2% reduced fat Mozzarella cheese (3/8 Lean)
- 1/2 cup Italian diced tomatoes or Rotel tomatoes, canned - less than 5 g of carbs per serving or an approved pasta sauce such as 1/4 cup Bella Vita Roasted Garlic Pasta Sauce found at [www.netrition.com](http://www.netrition.com) (1 Green)

### **Directions**

Measure out 1/2 cup diced tomatoes and puree in blender or chopper. I just pulsed for a few seconds in my little chopper. Set aside. Or you can use an approved pasta sauce such as Bella Vita roasted garlic pasta sauce. It also comes in spicy tomato, tomato basil, and meat flavored.

Preheat oven to 425 degrees. Place parchment paper on a cookie sheet and spray lightly with cooking spray. Combine grated cauliflower, egg beaters, cheese, garlic powder and basil until mixed completely. Spoon mixture on prepared pan. Use the back of a spoon to thin out mixture (or your hands) and form a circle about the size of a dinner plate without the rim. The thinner the crust the less chance of it being soggy. Bake for 25 minutes. Carefully flip the pizza crust over using a spatula to lift all edges of the crust off the parchment first. Bake an additional 10 to 15 minutes until edges are really brown and crisp. Mine are usually burnt around the edges but it won't taste burnt. Let cool.

Add tomato sauce and cheese on top. Broil until cheese is melted about 5 to 10 minutes. If you are making several cauliflower pizza crusts like I usually do, you can put the cooled crusts in gallon size Ziploc bags. I usually can fit 4 to 5 pizza crusts in a Ziploc bag. No need to wrap each one in foil. They won't stick to each other. When ready to eat, take it out of the freezer as you would a normal store bought frozen pizza. Top with sauce and toppings. Bake for about 10 minutes at 425 degrees or until cheese has completely melted. I can usually get 4 to 5 pizzas from one head of cauliflower! Enjoy!

## Cauliflower Pizza, cont'd

1 Complete Lean and Green Meal, 0.37 Condiments (Not even 1 Condiment!), with no Healthy Fat required

**\*Note:** I wanted to add that I just learned from Nutrition Support, you are able to have up to an additional 2 oz of protein but just know that you would be adding additional calories and fat. You can increase the cheese to 1/2 cup (2 oz) instead of 1/4 cup + 2 tbsp (1.5 oz) for the topping to make one full lean without the need to count the 1/4 cup of egg beaters. Nutrition support has already approved a recipe similar to this pizza recipe without counting the egg beaters.

## Tuna Patties

Malka Barron

- 6 Cans Tuna
- 6 whole eggs or 14 egg whites for leanest option (I like to use frozen egg whites over Passover. ¼ cup is equal to one egg. 1 ½ cups for this recipe)
- 12 oz Low-fat cottage cheese (optional)
- 6 Tablespoons Low-fat mayo
- ¼ cup lemon juice
- 6 Tablespoons Mustard substitute (or can just omit)
- Garlic Powder
- Pepper
- Salt
- Any other seasonings you like to taste
- Almond Flour

Mash tuna and mix together with all ingredients. Can add more egg whites or mayo if needed to get to proper texture to make into patties. Roll into almond flour. "Fry" in pan heavily sprayed with cooking spray or oven fry in high temp oven. Enjoy! This recipe makes at least 24 patties. Three make a very filling fueling! Enjoy with some lettuce or veggie strips 😊

## Cottage Cheese Latkes

Adapted from recipe on chabad.com

- 3 eggs or  $\frac{3}{4}$  cups egg whites
- 1 cup almond milk
- 1 cup low-fat cottage cheese
- 1  $\frac{1}{2}$  cups almond flour
- 1 t baking powder
- $\frac{1}{2}$  t salt
- 5 Tablespoons sugar or sweetener substitute
- 1 t vanilla extract
- (optional: can omit sweetener and vanilla and make savory with some sautéed veggies)

Mix all ingredients together. "Fry" with cooking spray or pour into small cupcake forms and bake as mini soufflés in oven. Enjoy!! Serving Size: 2 muffins or 3 patties

Another wonderful option for quick and healthy fuelling...

Get a Veggetti and have fun spiraling some squash! Stir fry with scallions and enjoy with seasoning, tomato sauce...be creative!

Also, don't forget about good, old-fashioned ratatouille! Good and good for you!!

Enjoy exploring the following websites for additional recipes, many of which can be made or easily altered for Passover.

<http://www.getskinnybehappy.com/medifast-recipes/>

<http://www.sandyskitchenadventures.com/p/medifast-recipes-only.html>

<http://www.escapefromobesity.net/>

<http://www.newmedifastrecipes.com/>

Many recipes may be found on your coach's website> Habits of Health> Recipe Corner.