

EASTER RECIPES

Bad Side

Glazed Easter Ham

Cut off all skin from a pre-cooked boiled or baked 2 lb. ham. Place the ham on a rack in a shallow roasting pan. with a long sharp knife, score the fat (about ¼ inch deep) in a diamond pattern. Spread with a glaze. Stick a whole clove in each square. Bake at 400 degrees about 30 minutes. Baste several times during glazing. To make glaze: Mix 1 cup brown sugar with ¼ cup honey or maple syrup. Warm mixture. Spread the ham with prepared mustard, if you like. Pour sugar mixture over ham. Baste with sugar mixture frequently. **SERVES: 8**

(Per 4 oz. serving)

Calories	306.88
Protein	21.1 gm.
Total Fat	9.0 gm.
Saturated Fat	3.1 gm.
Total Carbohydrate	30.11 gm.
Sugar	26.2 gm.

Candied Sweet Potato Casserole

-4 medium sweet potatoes, peeled
-1 stick butter (1/4 cup)
-1/2 cup brown sugar
-1/4 cup water or pineapple juice
-1 cup miniature marshmallows
Boil sweet potatoes, peeled, until soft. Heat butter and brown sugar until melted. Mash all together and add water or juice. Put into greased casserole dish. Top with marshmallows and bake at 350 degrees for 20 minutes, or until marshmallows are soft and lightly browned. **Serves: 8**

(Per ¼ cup serving)

Calories	291
Protein	2 gm.
Total Fat	11 gm.
Saturated Fat	7 gm.
Total Carbohydrate	47.38 gm.
Sugar	19.1 gm.

Hot Cross Buns

Put in a mixing bowl:
-1 cup lukewarm whole milk

Good Side

Best Baked Ham

-imported boiled Polish ham (center cuts), pre-cooked, 2 lbs.
-8 to 12 whole cloves
-1 cup crushed pineapple in juice, drained
-1/4 cup pure maple syrup
Place cloves (8-12) into top of ham scored in a diamond pattern. Pour crushed pineapple and maple syrup over ham. Bake at 350 degrees for 30-45 minutes until glaze forms. Baste often. **SERVES: 8**

(Per 4 oz. serving)

Calories	152.25
Protein	22.6 gm.
Total Fat	4.6 gm.
Saturated Fat	1.5 gm.
Total Carbohydrate	6.86 gm.
Sugar	5.99 gm.

Nutty Sweet Potato Casserole

-4 medium sweet potatoes
-1 T. unsulphured molasses or pure maple syrup
-3/4 cup crushed canned pineapple in juice, drained
-1 T. whipped butter or non-hydrogenated margarine (optional)
-1 tsp. cinnamon
-1/4 tsp. nutmeg and allspice
-1/4 cup chopped, raw pecans (optional)
Boil or bake scrubbed sweet potatoes until soft. Remove skin and cut potatoes into chunks. Heat sweetener with optional fat until bubbly. Blend all ingredients in a food processor (except pecans) until mashed thoroughly. Put into a greased casserole and sprinkle pecans on top. Bake at 350 degrees for about 30 minutes, uncovered. **Serves: 8**

(Per ¼ cup serving)

Calories	193.87
Protein	2.63 gm.
Total Fat	6.38 gm.
Saturated Fat	.94 gm.
(no trans fats/healthy monounsaturated fats)	
Total Carbohydrate	32.58 gm.
Sugar	2.88 gm.

Buttermilk Cheese Biscuits

-¾ cup lowfat organic buttermilk
-1 T. chopped fresh thyme

-1 package yeast

Let stand five minutes. Stir, Add:

-¾ cup sugar

-1 tsp. salt

-¼ cup softened butter

Beat thoroughly with a heavy egg beater or electric mixer.

Then, Beat in:

-1 ½ cups all-purpose flour

Remove the beater. Let the dough rise about 40 minutes.

Hand in:

-1 cup flour

-2/3 cup seedless raisins

-1/2 tsp. cinnamon

Use enough more flour to make the dough just barely firm enough to handle. Cover & chill for ½ hour in the refrigerator. knead and shape into rolls. Brush with melted butter. Cover with a clean dish towel. Let rise until double in bulk (about 1 hour). Bake at 400 degrees until delicately brown (12 to 20 minutes). Mark buns when they come out of the oven with a cross of confectioner's sugar moistened with water and flavored with vanilla.

SERVES: 8

-1 ½ cups organic all-purpose flour

-1 T. baking powder

-1 T. raw sugar

-1 tsp. salt

-1 cup grated lowfat organic cheddar cheese

-¼ cup cold pressed canola oil

-1 T. chilled unsalted organic butter

Preheat oven to 375 degrees. Mix buttermilk and thyme in small bowl; let stand for 5 minutes. Whisk flour, baking powder, sugar, and salt in medium bowl to blend. Add oil, cheese, and butter; rub with fingertips until mixture resembles fine meal. Add buttermilk mixture & stir until soft moist clumps form.

Turn dough out onto lightly floured surface; press out to thickness of ½ inch. Use 2 inch round cookie cutter, cut out biscuits. Gather dough scraps and press out to thickness of ½ inch. Using 2-inch round cookie cutter, cut out biscuits. Gather dough scraps and press to thickness of ½ inch; cut out additional biscuits. Transfer biscuits to 2 ungreased baking sheets, spacing 2 inches apart. Bake 10 minutes. Reverse position of sheets sheets and bake biscuits until golden brown and cooked through, about 8 minutes longer. Transfer biscuits to racks. Serve warm or at room temperature.

SERVES: 8

(Serving: 2 small or 1 large bun)

Calories	316.5
Protein	6.4 gm.
Total Fat	7.1 gm.
Saturated Fat	1.63 gm.
Total Carbohydrate	73.31 gm.
Sugar	28.41 gm.

(Serving: 2 small or 1 large bun)

Calories	200.7
Protein	8.42 gm.
Total Fat	10.1 gm.
Saturated Fat	1.11 gm.
(no trans fats/healthy monounsaturated fats)	
Total Carbohydrate	20.85 gm.
Sugar	2.71 gm.

Easter Bunny Cake with Butter Icing

Set the oven at 350 degrees. Use a large cake pan in a rabbit shape. Sift together into a mixing bowl:

-2 ¼ cups cake flour (sifted before measuring)

-3 tsp. baking powder

-1 tsp. salt

-1 ¼ cups sugar

Add:

-1/2 cup butter

-1/2 cup whole milk

Stir until flour is dampened; then beat 2 minutes. Add:

-1/2 cup whole milk

-5 egg yolks

-1 tsp. vanilla or 2 tsp. grated lemon rind

Beat 2 minutes longer. Pour in greased pan. Bake about 30 min. Remove from pan when slightly cooled. Decorate with

Easter Bunny Cake with Fluffy Frosting

Set the oven at 350 degrees. Use a large cake pan in a rabbit shape. Sift together into a mixing bowl:

-1¼ c. unbleached organic all-purpose flour

-1 cup oat flour

-¾ cup raw sugar

Add:

-1/2 cup cold pressed canola oil

-1 T. whipped organic butter

-1/2 cup organic skim milk

Stir until flour is dampened, then beat 2 minutes. Add:

-2 whole eggs

Beat 2 minutes longer. Pour in greased pan. Bake about 30 minutes. Remove from pan

Butter Icing-

Beat until very creamy:

-¼ cup butter, unsalted

Stir in:

-1 egg yolk

Beat in, 2 T. at a time:

-1 cup confectioner's sugar

Beat hard until light and fluffy. Flavor with vanilla.

Add colored sugar sprinkles and jelly beans to decorate the face and ears.

SERVES: 8

(1 slice or 1/8 cake serving)

Calories	404.76
Protein	5.6 gm.
Total Fat	14.15 gm.
Saturated Fat	7.6 gm.
Total Carbohydrate	66.97 gm.
Sugar	42.08 gm.

when slightly cooled. Decorate with

Fluffy Icing-

Cream:

-1/4 cup non-hydrogenated margarine

Add gradually, beating constantly:

-1/4 cup confectioner's sugar, sifted

Beat until stiff;

-2 pasteurized egg whites

Beat in gradually:

-1/2 cup confectioner's sugar, sifted

Flavor with vanilla. Add raisins and other dried fruits to decorate the face and ears.

SERVES: 8

(1 slice of 1/8 cake serving)

Calories	311.26
Protein	5.83 gm.
Total Fat	17.05 gm.
Saturated Fat	1.88 gm.
(no trans fats/healthy monounsaturated fats)	
Total Carbohydrate	49.25 gm.
Sugar	32.47 gm.

PASSOVER RECIPES

Bad Side

Old Fashioned Beef Brisket

- 2 lbs. Brisket
- 1 can beer
- 2 medium onions, sliced
- 1 cup sliced carrots
- salt and pepper to taste
- 1/2 cup brown sugar
- 1 cup chili sauce

In a large roasting pan, place onion and carrot slices. Top with salt and pepper. Top with seasoned brisket. Bake, uncovered, at 400 degrees until meat changes color (about 15 minutes). Reduce heat to 350 degrees. Add remaining ingredients. Cover roasting pan and cook for at least 2 hours. The beef may be sliced and served immediately or refrigerated for several hours and sliced paper thin. The gravy should be strained before serving.

SERVES: 8

(Per 4 oz. serving)

Calories	480.48
Protein	27.7 gm.
Total Fat	31 gm.
Saturated Fat	12 gm.
Total Carbohydrate	23.96 gm.
Sugar	13.65 gm.

Passover Matzoh Kugel

Preheat oven to 350 degrees.

-9" x 13" pyrex baking dish, buttered

Kugel Ingredients:

- 3 cups matzoh meal
- 5 eggs
- 1/2 cup sugar
- 1 grated apple, peeled
- 1 stick melted butter
- 1 pint sour cream
- juice of 17 oz. can apricot halves
- 1 cup raisins

Topping Ingredients:

- 1 T. butter
- 1/2 cup matzoh meal
- 1/2 cup brown sugar

Good Side

Bonnie's Beef Brisket

- 2 lbs. Kosher or organic first cut beef brisket
- 1/4 cup water or dry red wine
- 2 medium onions, sliced
- 4 stalks celery, cut in half & remove leaves
- 2 cloves garlic, minced
- "saltless" spices to taste
- 2 T. unsulphured molasses
- 1 can stewed tomatoes, crushed and drained
- 8 oz. organic no fat, low sodium beef stock (such as homemade or Perfect Addition)
- 8 oz. water (or 1/2 water & 1/2 juice from stewed tomatoes)

In a large roasting pan, place onion, garlic, and celery pieces. Top with seasoned brisket and bake, uncovered, at 400 degrees until meat changes color (about 15 minutes). Reduce heat to 350 degrees. Add remaining ingredients. Cover roasting pan and cook for at least 2 hours. The beef may be sliced and served immediately or refrigerated for several hours and sliced paper thin. The gravy should be strained before serving. Refrigerate the gravy for several hours, then defat it before reheating it for serving.

SERVES: 8

(Per 4 oz. serving)

Calories	260.75
Protein	35.5 gm.
Total Fat	6.8 gm.
Saturated Fat	2.4 gm.
Total Carbohydrate	13.41 gm.
Sugar	3.75 gm.

Passover Potato Kugel

-4 medium new potatoes, peeled

-1 medium yellow onion, peeled and minced

- filtered water
- 2 Omega 3/DHA eggs
- 1/2 tsp. sea salt
- 1/4 tsp. baking powder

-1 T. potato flour or matzoh meal

-2 T. whipped organic butter

Soak peeled potatoes in a bowl of cold water and beat eggs in another bowl. Add salt, thickener, baking powder, and minced onion to eggs. Mix together. Drain potatoes; grate and add to egg mixture.

Grease an 8" baking dish. Melt butter and

Directions for Kugel:

Pour two kettles of boiling water over matzoh meal then drain in colander. Soak raisins in hot water for 20 minutes then drain. Put soaked meal into a large bowl. In a food processor; add eggs, apple, juice, sour cream, sugar, and mix together. Place mixture in buttered pyrex baking dish. Put apricot halves on the kugel, then sprinkle the topping all over the kugel. Bake at 350 degrees for about one hour.

Directions for Topping:

In a frying pan, melt butter, then add matzoh meal and brown sugar; brown all together.

SERVES: 8

(1 square or 1/8 kugel per serving)

Calories	673.4
Protein	10.33 gm.
Total Fat	27.15 gm.
Saturated Fat	15.6 gm.
Total Carbohydrate	91.97 gm.
Sugar	34.97 gm.

Nana's Gefilte Fish

- 2 jars (8 pieces) sweet gefilte fish in broth
- 1 medium white onion, sliced
- 1 cup sliced carrots
- 1 T. water
- 1 T. butter

Saute sliced onion and carrots in butter until the onion translucent. Empty gefilte fish and broth from can into saucepan with lid. Heat on low, covered, with onion and carrot mixture for 1/2-1 hour. Chill. Serve cold over lettuce with your favorite horseradish.

SERVES: 8

(1 piece with broth, onion and carrots= 1 serving)

Calories	97
Protein	6.41 gm.
Total Fat	2.88 gm.
Saturated Fat	1.88 gm.
Total Carbohydrate	4.19 gm.
Sugar	.85 gm.

(high sodium- contains MSG)

drizzle over the top. Bake in a 350 degree oven for 30 min. or until brown. Serve with

Mock Sour Cream:

- 1 1/2 cups nonfat organic yogurt
 - 2 T. full-fat sour cream
 - dash of garlic or onion powder
- Mix together.

SERVES: 8

(3/4 cup serving)

Calories	150.06
Protein	5.78 gm.
Total Fat	3.26 gm.
Saturated Fat	.78 gm.
Total Carbohydrate	23.74 gm.
Sugar	4.16 gm.

Gefilte Fish Mold

- 2 lbs. whitefish and pike, deboned and ground
- 1 cup nonfat, low sodium chicken broth
- 1/2 cup water
- 2 medium onions, chopped finely and sautéed in dash of non-hydrogenated margarine
- 1/3 c. carrots, grated & sautéed with onions
- 3 medium eggs
- 3 T. matzoh meal
- 1 tsp. sea salt
- 1 tsp. white pepper
- 1 tsp. raw sugar

Mix together fish, eggs, broth, water, matzoh meal, sugar and spices. Saute onions and carrots in margarine. When onion is translucent, mix all together and bake in a greased tube pan at 350 degrees for 1-1 1/2 hours or until set. Chill. Remove from pan directly before serving. Serve in slices on lettuce and top with favorite horseradish.

SERVES: 8

(1 slice or 1/8 mold= 1 serving)

Calories	115.3
Protein	18.65 gm.
Total Fat	2.4 gm.
Saturated Fat	.7 gm.
Total Carbohydrate	10.86 gm.
Sugar	.28 gm.

(good protein source)

-Passover Sponge Cake

- 2 cups sugar
- 4 eggs
- 2 cups matzoh meal
- 3 tsp. baking powder
- 1/2 tsp. baking soda
- 1 cup whole milk, scalded
- 2 T. butter
- 1 tsp. vanilla

Beat eggs until light and fluffy. Add sugar and beat again. Add matzoh, baking soda, and baking powder, which have been sifted together. Add the scalded milk, butter and vanilla. Put into a greased tube pan. Bake at 350 degrees for 45 minutes. Remove when slightly cooled. Complete cooling on a rack.

SERVES: 8

(1 slice or 1/8 cake)

Calories	631.13
Protein	9.4 gm.
Total Fat	26.6 gm.
Saturated Fat	15.46 gm.
Total Carbohydrate	96.01 gm.
Sugar	49.6 gm.

Light Passover Sponge Cake

- Set oven at 325 degrees. Beat:
- 10 egg whites
- until they stand up in soft peaks. Beat in a tablespoon at a time:
- 1/4 cup raw sugar
 - 1 T. lemon juice
- until thick and lemon color. Beat gradually:
- 3/4 cup raw sugar

Pour over the beaten whites & fold together gently with a spoon until well blended. Sift together and fold into the egg mixture:

- 1 cup matzoh meal
- 1 tsp. baking powder
- 1/2 tsp. baking soda

Spoon into an unbuttered 9-inch tube pan. Cut through the batter gently several times to break any large air bubbles. Bake about 1 hour (To test, press lightly with finger. If the cake is done, it will spring back.) Invert on a wire cake cooler. Let stand until completely cooled. Loosen with a spatula and ease the cake out of the pan.

SERVES: 8

(1 slice or 1/8 cake)

Calories	236.75
Protein	5.9 gm.
Total Fat	3.15 gm.
Saturated Fat	0 gm.
Total Carbohydrate	46 gm.
Sugar	24.8 gm.