

## Feast of Unleavened Bread Recipe

### **6 Easy Salad Dressings**

#### *Cilantro Lime Dressing*

1 small avocado  
1 handful cilantro  
1 lime (juiced)  
1-3 Tbsp. water

Add these ingredients to a jar and use an immersion blender or a Nutri bullet type blender. This recipe can be multiplied. Serve with salads like Mexican or spicy type. Enjoy!

#### *Maple Mustard Dressing*

1 Tbsp. maple syrup  
1 Tbsp. Dijon mustard  
1 Tbsp. balsamic vinegar  
6 Tbsp. flavorless oil (avocado is a great choice)

Add all ingredients to a jar or container and shake for 1 minute or until all ingredients are well blended. This recipe can be multiplied.

#### *Lemon Poppy Seed Dressing*

6 Tbsp. extra virgin olive oil  
1 Tbsp. Dijon mustard  
1 Tbsp. poppy seeds  
1 Tbsp. honey  
1 lemon (juiced)  
Sea salt to taste

Add all ingredients to a jar or container and shake for 1 minute or until all ingredients are well blended. This recipe can be multiplied.

#### *Greek Yogurt Dressing*

2 Tbsp. mayonnaise  
2 Tbsp. plain Greek yogurt  
1 tsp. Dijon mustard  
2 Tbsp. water  
Sea salt  
Pepper  
1/4 cup chopped fresh herbs (basil, parsley, dill, cilantro)

Add all ingredients to a jar or container. Use immersion blender to mix well. This recipe can be multiplied

#### *Citrus Basil Dressing*

1 cup basil leaves  
1 Tbsp. Dijon mustard  
3 Tbsp. flavorless oil (avocado is a great choice)  
Juice of 1 orange  
Juice of 1 lime  
Sea salt  
Pepper

Add all ingredients to a jar or container. Use immersion blender to mix well. This recipe can be multiplied

#### *Peanut Butter Salad Dressing*

2 Tbsp. unsweetened smooth peanut butter  
1 tsp. grated ginger  
1 tsp. grated garlic  
1 Tbsp. soy sauce  
1 tsp. sesame oil  
Juice of 1 lime  
1-2 Tbsp. water

Add all ingredients to a jar or container and shake for 1 minute or until all ingredients are well blended. This recipe can be multiplied.

## Feast of Unleavened Bread Recipe

### Cauliflower Pizza

#### Ingredients:

- 1 large head cauliflower, roughly chopped
- 1 large egg
- 2 cups shredded mozzarella
- 1/2 cup freshly grated Parmesan
- Kosher Salt
- 1/4 cup marinara or pizza sauce
- 2 cloves garlic, minced
- 1 cup grape or cherry tomatoes, halved
- Torn fresh basil
- Balsamic glaze

#### Instructions:

Preheat oven to 425°. In a large skillet, bring about 1/4 inches of water to a boil. Season with salt. Add cauliflower in one even layer and cook until crisp-tender, 3 to 4 minutes. Transfer to a clean dish towel (or paper towels) and squeeze to drain water.

Add drained cauliflower to a food processor and pulse until grated. Drain excess water in paper towels.

Transfer drained cauliflower to a large bowl and add egg, 1 cup mozzarella, and 1/4 cup Parmesan, then season with salt.

Transfer dough to a baking sheet lined with cooking spray and pat into a crust. Bake until golden and dried out, 20 minutes.

Top crust with marinara, remaining mozzarella, Parmesan, garlic, and tomatoes, and bake until cheese is melted and crust is crisp, 10 minutes more.

Garnish with basil and drizzle with balsamic glaze.

## Feast of Unleavened Bread Recipe

### Chicken Tacos

Chicken:

- 1 pound boneless skinless chicken thighs
- 2 tablespoons taco seasoning homemade or store-bought
- 5 tablespoons olive oil
- 3 tablespoons lime juice
- Salt and pepper to taste

Topping:

- 1/2 cup shredded lettuce
- 1 cup Pico de Gallo (optional)
- 3/4 cup shredded cheese
- 1 avocado peeled, pitted, and sliced

Place the taco seasoning, olive oil, lime juice, salt, and pepper in a bowl. Whisk to combine.

Add the chicken thighs to the bowl and toss to coat. Cover and refrigerate for at least 10 minutes or up to 24 hours.

Remove the chicken thighs from the marinade. Heat a grill, grill pan, or skillet over medium heat.

Place the chicken on the grill or in the pan and cook for 4-5 minutes per side or until cooked through.

Let the chicken cool slightly then chop it into bite-sized pieces.

Matzah tortillas:

- 2 cups fine matzo meal (or ground matzah in a food processor)
- 1 tablespoon salt
- 1 cup warm water
- 1 tablespoon olive oil

In a medium bowl, using your hands, mix the matzo meal (or ground matzah in a food processor) and salt with the water and olive oil until a soft dough forms. Form the dough into 1 1/2-inch balls. Lay each ball between 2 sheets of plastic wrap and roll or press until a tortilla forms.

Heat a nonstick skillet over moderate heat. Cook the tortillas on each side until golden and cooked through.

Serves about 7.

## Feast of Unleavened Bread Recipe

### **Chocolate Covered Matzah**

This recipe has two variations:

#### *Simple Version (Child friendly)*

Ingredients:

- 4-5 lightly salted matzos
- 1 (12-ounce) bag semi-sweet chocolate chips – Dark Chocolate
- 1 (12-ounce) bag semi-sweet chocolate chips – White Chocolate
- Optional Toppings:
  - chopped fresh fruit (ex. bananas, strawberries, blueberries)
  - chopped toasted nuts (ex. pistachios, almonds, pecans, walnuts)
  - chopped dried fruit (ex. apricots, raisins, cherries)
  - coconut flakes
  - sea salt
  - crushed peppermint
  - orange zest

Instructions:

Melt both types of chocolate in separate bowls over a double boiler or in the microwave in 10 seconds intervals.

Line a rimmed baking sheet with heavy duty aluminum foil, making sure the foil goes up and over the edges, and top with a sheet of parchment paper.

Cover the baking sheet with the matzos, cutting and piecing them together as necessary to fill the entire pan.

*Less Chocolate* – Drizzle with each colored chocolate until well covered.

*More Chocolate* – Spoon one chocolate over the matzah spreading with the back of the spoon or rubber spatula until the full sheet is coated. Drizzle with the alternate-colored chocolate.

Sprinkle with fruit, nuts and optional toppings of your choice.

Refrigerate until set, about 15 minutes. Break into pieces and serve or store in refrigerator layered between sheets of baking paper for up to one week or in freezer for up to 1 month.

*Advanced Version (requires Adult supervision)*

Ingredients:

- 4-5 lightly salted matzos
- 2 sticks (1 cup) unsalted butter
- 1 cup firmly packed dark brown sugar
- 1 (12-ounce) bag semi-sweet chocolate chips – Dark Chocolate
- 1 (12-ounce) bag semi-sweet chocolate chips – White Chocolate
- Optional Toppings:
  - chopped fresh fruit (ex. bananas, strawberries, blueberries)
  - chopped toasted nuts (ex. pistachios, almonds, pecans, walnuts)
  - chopped dried fruit (ex. apricots, raisins, cherries)
  - coconut flakes
  - sea salt
  - crushed peppermint
  - orange zest

Instructions:

Preheat the oven to 350°F. Line a rimmed baking sheet with heavy duty aluminum foil, making sure the foil goes up and over the edges, and top with a sheet of parchment paper.

Cover the baking sheet with the matzos, cutting and piecing them together as necessary to fill the entire pan.

Make the toffee: Combine butter and brown sugar in a medium saucepan. Cook over medium heat, stirring constantly with a whisk, until the mixture comes to a boil. (If it looks like it's separating, just keep stirring; it will come together.) Once the mixture comes to a boil, continue cooking and stirring for another 3 minutes until foamy and thickened. (Be extra careful -- the toffee will be very hot!) Immediately pour the toffee over the matzos and, using a spatula, spread into an even layer.

Put the pan into the oven and bake for 8 to 10 minutes, or until the toffee topping is crackled and bubbling all over. Remove the pan from the oven and place on wire cooling rack on the counter. Immediately scatter the chocolate chips evenly over top. Wait 3 to 5 minutes for the chips to soften, then use a spatula to spread the chocolate into an even layer.

Sprinkle with fruit, nuts and optional toppings of your choice. Refrigerate until the chocolate is firm, about 45 minutes. Don't leave it in the fridge too much longer, otherwise it will be hard to cut.

Lift the foil overhang to transfer the matzo crack onto a large cutting board. Using a large sharp knife, cut into 2-inch squares. Store in an airtight container in the fridge and serve cold.

*Freezer-Friendly Instructions:* The toffee can be frozen for up to 3 months: Place the toffee in an airtight container. It can be eaten directly from the freezer or, if you'd like, remove the toffee from the container and let it come to room temperature.

## Feast of Unleavened Bread Recipe

### Coconut Bon Bons

#### Ingredients:

- 8 oz cream cheese (room temperature)
- 2 – 1/2 cups powdered sugar
- 1 cup sweetened coconut, chopped fine
- 1/2 teaspoon coconut extract (or 1 teaspoon vanilla extract)
- 1 cup dark chocolate chips
- 1 tablespoon coconut oil

#### Instructions:

In a bowl (use a mixer or by hand) beat cream cheese smooth.

Add in powdered sugar, chopped coconut, and coconut extract.

Mix on low until combined then mix on medium-high to fully blend everything for one minute.

On a parchment-lined or a wax paper-lined baking sheet place, tablespoon-sized scooped-out balls of the mixture.

Put the tray in the freezer for 20 minutes or longer to completely chill the mixture.

If the balls need smoothing roll them in between your hands smoother, a stainless scoop makes them fairly smooth.

Melt the chocolate and coconut oil in a microwave-safe dish at 30-second intervals and stir well before microwaving again (usually this only takes a minute).

With two forks, use one to scoop the ball onto the one fork, dip it into the chocolate, and with the second fork slide it onto the lined baking sheet.

Place the bonbons back into the freezer for 5 minutes to set up or in the refrigerator.

Serve or store in the fridge or freezer.

## Feast of Unleavened Bread Recipe

### Curry Mushroom with Chickpeas

#### Ingredients:

- 1/2 lb. mushroom
- 1 tin/can chickpeas
- 1 tsp. curry powder
- 1 Tbsp. coconut oil
- 1 medium carrot diced
- 1 medium Irish (Russet) potato diced
- 1 medium onion
- Sweet pepper (Aji Dulce Pepper)
- Herbs and spices
- Salt to desired taste

#### Instructions:

Clean and slice up mushrooms.

Season with herbs (dried basil, parsley, oregano, cilantro, garlic), salt, and let sit for about 20 minutes.

Place oil and curry in a crock pot and allow the heat to dissolve the curry.

Pour the seasoned mushroom into the pot along with diced carrots and Irish (Russet) potato, stirring for 3-5 mins.

Cover and lower the heat and allow to cook to your desired tenderness add hot pepper for your desired taste.

Pour the water off the chickpeas and pour the peas into the pot and stir together then allow to simmer. When the peas are at your desired tenderness turn the heat off and pour the chopped onion and sweet pepper (Aji Dulce Pepper) into the pot and stir then cover and let stand for 10 mins.

Serve with cauliflower rice or unleavened bread.

## Feast of Unleavened Bread Recipe

### Deconstructed Cabbage Rolls

#### Ingredients:

- 2 pounds of ground beef or turkey ground
- 1/2 large onion (chopped)
- 1 small head of cabbage (chopped)
- 2 cans (14.5 oz) of diced tomatoes
- 1/2 cup of water \*\*
- 1 8 oz can of tomato sauces
- 2 cloves of garlic (minced)
- 2 teaspoons of salt \*\*\*
- 1 teaspoon of ground pepper

#### Instructions:

Heat a Dutch oven/large skillet over medium-high heat. Cook and stir beef or turkey ground and onion in the hot skillet/Dutch oven until browned and crumbly; drain and discard grease.

Add cabbage, water\*\*, tomatoes, tomato sauce, garlic, salt, and pepper and bring to a boil. Cover skillet/dutch oven, reduce heat, and simmer until cabbage is tender.

Maybe a nice pot of cauliflower rice (or not).

\*\* the recipe calls for water but I find it comes to preference as this recipe has a lot of liquid added already. Especially if you opt in to make a pot cauliflower rice, which can be a bit watery.

\*\*\* I typically add more seasoning of some kind for taste. But be careful with heavy hands. If there's leftover, the seasonings will have time to set.

This recipe can definitely be modified to taste and preference.

Makes about 6 servings

(double the recipe for larger household).



## Feast of Unleavened Bread Recipe

### Eggplant Parmesan

#### Ingredients:

- Tools:
  - Frying pan
  - Baking pan
  - 3 bowls
  - Grinder or smasher
- 1 eggplant
- 2 eggs
- 4 pieces of Matzah,
- 1/4 tsp. parsley
- Onion flakes
- Garlic powder
- Italian seasoning (grinded up)
- (optional) Kosher Passover bread crumbs
- 2 cups of tomato spaghetti sauce (homemade or store bought)
- 1/2 lb. shredded provolone cheese
- Frying oil of your choice

#### Instructions:

Heat oven to 325 degrees.

Peel and slice eggplant in rounds and place on a paper towel.

In a bowl, beat eggs, add 2 tablespoons of water, and set aside.

Grind or smash Matzah to make bread crumb mixture in a bowl. Add seasoning and mix well.

Heat oil in the frying pan.

Take sliced eggplant dip it in egg then dip and cover in bread crumbs (complete all eggplant rounds). Place rounds (a few at a time) in oil and lightly brown each side. After all rounds are complete place in a baking pan or dish.

Spoon tomato sauce over each eggplant round and place provolone cheese over each round.

Place in oven until cheese is melted. Remove from oven and eggplant is ready to serve.

## **Feast of Unleavened Bread Recipe**

### **Matzah Chicken Tenders**

#### Ingredients:

- 3 whole wheat matzo sheets (about 1 cup crushed)
- 1/2 teaspoon kosher salt
- 1 pound chicken breast tenders, remove the white stringy tendon
- 3/4 cup buttermilk or regular milk
- cooking oil spray Greek yogurt

#### Instructions:

Preheat oven to 400°F.

Place the matzo and salt in a zip-top bag and crush with a rolling pin. Or, you can use a food processor and pulse until the mixture resembles breadcrumbs.

Pour the buttermilk into a shallow bowl and the crushed matzo into another.

Place the chicken tenders in the buttermilk to coat. Then roll in the crushed matzo and coat completely.

Line a baking sheet with foil, place an oven-safe cooling rack on top, and place the breaded chicken tenders on top of the cooling rack. Lightly spray with oil on each side.

Bake for 14-16 minutes or until the chicken is cooked through and the matzah is crisp.

To Freeze: After step 4 place Matzo Chicken Tenders on a parchment-lined baking sheet and freeze for one hour. Place tenders in labeled zipper bags and freeze them for up to three months. When ready to cook continue step 6 adding 2 minutes to the cooking time.

## **Feast of Unleavened Bread Recipe**

### **Matzah Passover Pancakes**

These pancakes are quite delicious. Unlike traditional pancakes, they do not rise, but the flavor and texture surprisingly come together for great pancakes.

#### Ingredients:

- 3/4 cup milk
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1/2 cup Matzo meal
- 2 Eggs, well beaten

#### Instructions:

PLEASE FOLLOW THE MIXING INSTRUCTIONS OR THE PANCAKE MIX WILL NOT COME OUT RIGHT

To make Matzo meal take the matzo crackers and grind them in a Nutri-Bullet/food processor-type machine.

Mix the dry ingredients (matzo meal, sugar, salt) together. Add milk to dry ingredients and stir well. Gradually add the well-beaten eggs to the matzo meal mixture blending gently.

Drop by spoonful onto a well-oiled pan and fry until brown on both sides (flip when one side is done).

Serve with sour cream, apple sauce, syrup, or jam. Enjoy!!!

## **Feast of Unleavened Bread Recipe**

### **Matzah Pizza**

#### Ingredients:

- 1 piece matzah
- 1/8 cup tomato sauce
- 1/4 cup shredded vegan mozzarella
- 1/8 teaspoon dried garlic
- 1/8 teaspoon dried oregano
- 5 slices fresh vegan mozzarella or more shredded vegan mozzarella
- Fresh basil

#### Instructions:

Preheat oven to 350 degrees and prep a parchment-lined baking sheet.

Sprinkle some shredded cheese over the matzah. Bake on a parchment-lined baking sheet for 2-3 minutes to set.

Spread sauce over the matzah. Sprinkle with garlic and oregano.

Cover with fresh mozzarella or shredded mozzarella and basil.

Bake for 5-7 minutes until the cheese is melted and gooey. Eat!

## **Feast of Unleavened Bread Recipe**

### **Matzah Pizza (Two Ways!)**

#### Ingredients:

- 2 pieces matzah
- 1/4 cup tomato sauce
- 1 tablespoon cream cheese at room temperature
- 1/4 red onion sliced thin
- 1/4 teaspoon salt
- 1 tablespoon oil
- 4 thin pieces fresh vegan mozzarella
- 1 tablespoon cilantro roughly chopped
- 2 tablespoons vegan feta cheese
- 1 tablespoon black olives sliced
- 1 tablespoon fresh basil chiffonade

#### Instructions:

Preheat your oven to 350 degrees and line a cookie sheet with foil. Toast the matzah for about 10 minutes. This will make the pizza extra crispy and not get soggy once you put the topping on.

Mix half of the tomato sauce with the cream cheese until well combined.

Heat a medium sauté pan over medium-high heat and heat oil. Add onions and salt and lower heat to medium. Sauté until onions are soft and translucent.

Take one piece of matzah and spread the cream cheese sauce mixture. Top with onions and mozzarella.

Take the other piece of matzah and top it with the remaining tomato sauce, feta, and black olives.

Bake again until the cheese is melty, about 7 minutes. Garnish the onion pizza with cilantro and the olive pizza with basil and serve immediately!

## **Feast of Unleavened Bread Recipe**

### **Quick Pan-Fried Fish**

Steak, chicken (best with thin slices pieces), or fish can be used for this recipe.

Season your meat to taste.

Crumble your matzo as bread crumbs.

Lightly sprinkle Parmesan cheese in crumble matzo (chicken only).

Roll moist meat in matzo crumbs.

Then pan fried in olive oil.

## **Feast of Unleavened Bread Recipe**

### **Red Cabbage**

#### Ingredients:

- 1 Medium, head of Red Cabbage
- 3 Medium Apples
- 1 Small Red Onion
- 2 Tbsp. Light Olive Oil
- 1 Tbsp. of Apple Cider Vinegar
- 1 pinch of salt

#### Instructions:

Cut the cabbage and onion into small slices. Heat olive oil and sauté onions and apples for about 2-3 minutes on medium temperature. Then add cabbage, apple cider vinegar, and salt taste. Reduce temperature and cook until tender.

## **Feast of Unleavened Bread Recipe**

### **Red Potatoes**

#### Ingredients:

- 3 lbs. baby red potatoes, unpeeled
- 2 Tbsp. extra light olive oil
- 1 1/2 tsp. dry parsley
- 1 tsp. sea salt or 3/4 tsp. table salt
- 1/2 tsp. freshly ground pepper
- 2 cloves garlic, pressed

#### Instructions:

Cut potatoes into 1" to 1 1/2" pieces. Place them in a large pot half full with warm water. Bring potatoes to a boil and cook for 7-9 minutes (they should be almost cooked). Drain, cover to keep warm, and set aside.

In a small bowl mix together 2 Tbsp. olive oil, 2 pressed garlic cloves, 1 1/2 tsp. dry parsley, 1 tsp. sea salt (or 3/4 tsp. table salt) and 1/2 tsp. black pepper.

Gently toss potatoes with the seasoning mix until evenly coated (best done in a large mixing bowl).

Transfer potatoes to a large-rimmed, non-stick baking pan and place cut side down. Bake at 425° for 20 minutes or until the sides facing the pan are golden. Transfer to a serving bowl, garnish with chopped fresh dill if desired, and serve.



## Feast of Unleavened Bread Recipe

### Stuffed Bell Peppers

#### Ingredients:

- 6 bell peppers, any color
- 4 tablespoons olive oil, plus more for drizzling
- 8 ounces lean ground beef
- Kosher salt and freshly ground black pepper
- 1 onion, finely diced
- 2 cloves garlic, chopped
- 1 medium zucchini, finely diced
- 4 Roma tomatoes, seeded and finely diced
- Red pepper flakes, as needed
- 1 cup cooked cauliflower rice (or other rice substitute)
- 1 1/2 cups grated pepper Jack cheese

#### Instructions:

Preheat the oven to 350 degrees F.

Cut the tops off the peppers. Remove and discard the stems, then finely chop the tops; set aside. Scoop out the seeds and as much of the membrane as you can. Place the peppers cut-side up in a baking dish just large enough to hold them upright.

Heat 2 tablespoons of the olive oil in a large skillet over medium-high heat. Add the beef, season with salt and pepper and cook, breaking up the lumps, until the meat is cooked through and just beginning to brown, 8 to 10 minutes. Remove to a paper towel-lined plate to get rid of the fat.

Wipe out the skillet and add the remaining 2 tablespoons olive oil. Add the onions and chopped peppers and cook until beginning to soften, 3 to 4 minutes. Add the garlic and zucchini and cook for another minute. Add the tomatoes and season with salt and a pinch or 2 of red pepper flakes. Cook until everything is heated through, then stir in the beef and rice. Taste and adjust the seasoning. Stir in 1 cup of the cheese.

Fill the peppers with the rice mixture and top each with a sprinkle of the remaining 1/2 cup cheese. Pour a small amount of water into the bottom of the baking dish and drizzle the peppers with a little olive oil. Cover with foil and bake for 30 minutes. Uncover and bake until the peppers are soft and the cheese is melted and lightly browned, another 15 to 20 minutes.

## **Feast of Unleavened Bread Recipe**

### **Sweet Avocado Chicken Salad**

4 SERVINGS

Ingredients:

- 1 cup ripe well mashed avocado (6 oz. by scale weight)
- Optional - 1/2 cup sour cream or Greek yogurt (4 oz. by scale weight)
- 2 Tbsp. Dijon mustard (1oz by scale weight)
- 1 Tbsp. dill weed
- 2 tsp. sugar
- Optional - 1/2 tsp. white pepper
- 5 tsp. lemon juice
- 3 cups chicken (chopped Poached)
- 1 cup chopped celery (finely)
- 4 Tbsp. green onions (finely chopped)
- 1/2 cup sunflower seeds (shelled) (or pecan pieces)
- 2 cubed green apples (or 1 cup) feel free to scale to your liking
- 1/2 cup craisins or dried cranberries, or dried white raisins

Instructions:

Mix & Enjoy!

## Feast of Unleavened Bread Recipe

### Taco Soup

#### Ingredients:

- 1 lb. ground beef or turkey
- 1 medium white or yellow onion chopped
- 3 gloves garlic minced or 1 tsp. of prepared garlic
- 4 cups Vegetable broth (homemade or one without yeast)
- 30 oz. diced tomatoes
- 15 oz. can black beans (drained)
- 15 oz. can pinto beans (drained)
- 1 cup frozen corn or 1 can corn (drained)
- 7 oz. diced green chilis (optional)

#### Taco seasoning

- 1 Tbsp. chili powder
- 2 tsp. paprika
- 1 tsp. ground cumin
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. salt
- 1/4 tsp. cayenne pepper

#### Instructions:

Add ground meat and onion to the pot and brown. Drain excess grease. Add garlic, and cook 1 min. Add the taco seasonings. Mix well and allow all to simmer for about 1 min. Pour in broth, diced tomatoes, beans, corn, and green chilis. Bring to a boil, and reduce heat to simmer for 15-25 min.

Serve hot with toppings of sour cream, jalapenos, chips, cilantro, and cheese (only if Kosher) or regular cheese when not during Unleavened Bread.

(This can also be made for regular meals. Use a 1 pkg. of taco seasoning to save time and 2 cups of chicken broth and 2 cups of beef broth when not Unleavened Bread season.)