

# Roasted Carrots of Many Colors



## *Ingredients:*

- 1 BAG PETITE CARROTS OF MANY COLORS**
- 2 TBSP OLIVE OIL**
- SALT & BLACK PEPPER TO TASTE**

## *Optional:*

- 2 SPRINGS OF ROSEMARY**
- 2 SPRINGS OF THYME**
- 2 TBSP MAPLE SYRUP**
- 1 TBSP BOURBON**

**PREHEAT OVEN TO 400° F. PLACE CARROTS ON BAKING SHEET & DRIZZLE WITH OIL. SEASON WITH SPICES AND HERBS. (OPTIONAL: DRIZZLE SYRUP AND BOURBON OVER CARROTS) ROAST FOR 20-30 MINUTES UNTIL FORK TENDER.**



# Roasted Maple Butternut Squash



## *Ingredients:*

- 1 BAG CUT BUTTERNUT SQUASH**
- 2 TBSP OLIVE OIL**
- SALT & BLACK PEPPER TO TASTE**
- 2 TBSP MAPLE SYRUP**

## *Optional:*

- 2 SPRINGS OF ROSEMARY**
- 2 SPRINGS OF THYME**
- 1 TBSP BOURBON**

**PREHEAT OVEN TO 400° F. PLACE SQUASH ON BAKING SHEET & DRIZZLE WITH OIL. SEASON WITH SPICES AND HERBS. DRIZZLE SYRUP. (OPTIONAL: DRIZZLE BOURBON) ROAST FOR 20-30 MINUTES UNTIL FORK TENDER.**

# Roasted Baby Zucchini



## *Ingredients:*

**1 BAG BABY ZUCCHINI**

**2 TBSP OLIVE OIL**

**SALT & BLACK PEPPER TO TASTE**

**PREHEAT OVEN TO 400° F. PLACE ZUCCHINI ON BAKING SHEET & DRIZZLE WITH OIL. SEASON WITH SALT, GARLIC POWDER & PEPPER. ROAST FOR 20 MINUTES UNTIL FORK TENDER.**



# Roasted Mushrooms



## *Ingredients:*

**8 OZ CRIMINI OR BABY BELLA MUSHROOMS**

**2 TBSP OLIVE OIL**

**SALT & BLACK PEPPER TO TASTE**

## *Optional:*

**UMAMI SEASONING**

**PREHEAT OVEN TO 400° F. PLACE MUSHROOMS ON BAKING SHEET STEM SIDE UP & DRIZZLE WITH OIL. SEASON WITH SPICES. ROAST FOR 20 MINUTES. REMOVE EXCESS LIQUID FROM MUSHROOMS.**



# Balsamic Maple Chicken

## *Chicken Ingredients:*

**1 WHOLE CHICKEN CUT UP (8 PIECES)  
KOSHER SALT TO TASTE  
BLACK PEPPER TO TASTE  
PAPRIKA TO TASTE**

## *Sauce Ingredients:*

**5 ONIONS SLICED IN HALF RINGS  
1 TBSP OLIVE OIL  
1/2 CUP REAL MAPLE SYRUP  
1/3 CUP BALSAMIC VINEGAR  
2 TBSP SOY SAUCE**

**PREHEAT OVEN TO 400° F. AND HEAT A LARGE POT OVER MEDIUM HEAT. ADD OIL AND SAUTÉ ONIONS UNTIL CARAMELIZED AND SOFT (ABOUT 30 MINUTES STIRRING OCCASIONALLY) MIX SAUCE INGREDIENT IN A BOWL AND SET ASIDE.**

**PLACE CHICKEN IN BAKING DISH COATED WITH NONSTICK COOKING SPRAY. DRIZZLE WITH OLIVE OIL AND SEASON WITH SALT, PEPPER & PAPRIKA. COOK UNCOVERED FOR 20 MINUTES. ONCE ONIONS ARE SOFT, POUR SAUCE MIXTURE INTO ONIONS. REMOVE CHICKEN FROM OVEN AND POUR SAUCE OVER CHICKEN. LOWER OVEN TO 350° F AND BAKE FOR AN HOUR. BAKE UNCOVERED FOR CRISPIER CHICKEN AND UNCOVERED FOR MORE MOIST CHICKEN.**

# Italian Fingerling Potatoes



## *Ingredients:*

- 16 OZ FINGERLING POTATOES**
- 2 TBSP OLIVE OIL**
- 1 PACKET ITALIAN DRESSING MIX**

**PREHEAT OVEN TO 400° F. PLACE POTATOES ON BAKING SHEET & DRIZZLE WITH OIL. SEASON WITH ITALIAN DRESSING MIX. ROAST FOR 30 -40 MINUTES UNTIL FORK TENDER.**



# Matzah Ball Soup



## *Soup Ingredients:*

- 1 WHOLE ROASTER CHICKEN**
- 4 CARROTS**
- 2 PARSNIPS**
- 2 LEEKS**
- 2 ONIONS CUT IN HALF FROM TOP TO BOTTOM WITH PEEL ON**
- 2 ZUCCHINIS**
- SALT, BLACK PEPPER AND GARLIC POWDER**
- FRESH DILL IN SPICE BAG (OR DRIED DILL)**

## *Matzah Ball Ingredients:*

- 1 PACKET MATZA BALL MIX**
- 2 EGGS**
- 2 TSP OIL**

**PLACE ALL SOUP INGREDIENTS IN SOUP BAGS (OR STRAIN AFTERWARDS) IN A LARGE POT. COVER WITH WATER AND BOIL UNCOVERED. ONCE POT BEGINS BOILING LOWER TO SIMMER AND REMAIN SIMMERING FOR HOURS (I LEAVE IT OVERNIGHT). STRAIN SOUP AND BRING TO A BOIL. ADD PREPARED MATZA BALL MIX TO POT WHEN RAPIDLY BOILING.**



# Hasselback Salami



## *Ingredients:*

**16OZ. SALAMI**

**2 CUPS DUCK SAUCE**

**1/4 CUP COUNTRY DIJON MUSTARD**

**3/4 C KETCHUP**

**1 TBSP BROWN SUGAR**

## *Optional:*

**3 TBSP BOURBON**

**PLACE SALAMI ON A CUTTING BOARD WITH CHOPSTICKS OR KNIVES ON BOTH SIDES. PINCHING THE CHOPSTICK AND THE SALAMI WITH ONE HAND, SLICE INTO THIN, EVEN SLICES WITH THE OTHER. THE CHOPSTICKS WILL ENSURE THAT YOU DON'T SLICE ALL THE WAY THROUGH. MIX ALL OTHER INGREDIENTS IN A BOWL AND POUR MIXTURE OVER SALAMI. BAKE FOR 30- 45 MINUTES, BASTING OCCASIONALLY.**



# Cholent



## *Ingredients:*

- 2 MEDIUM POTATOES, PEELED AND CUT INTO 1 1/2-INCH CHUNKS
- 1 MEDIUM ONION, PEELED AND CUT INTO 1 1/2-INCH CHUNKS
- 1 POUND STEW MEAT
- SALT & PEPPER, TO TASTE
- 3/4 CUP PEARL BARLEY
- 1 CUP DRIED BEANS OR A CAN OF BAKED BEANS

## *Optional:*

- 4 TBSP KETCHUP
- 4 TBSP YELLOW MUSTARD
- 1 TBSP CRUSHED RED PEPPER
- 1/2 CUP BROWN SUGAR
- 2 TBSP CHOPPED GARLIC

PLACE ALL INGREDIENTS EXCEPT FOR BARLEY IN A SLOW COOKER INSERT, COVER WITH WATER AND TURN TO HIGH. ONCE WATER IS BOILING ADD BARLEY AND TURN TO LOW TO SLOW COOK OVERNIGHT.



**Shalom  
FRESH**

# Israeli Pearled Couscous



## *Ingredients:*

**1 CONTAINER ISRAELI COUSCOUS (1.32 LB/600 OZ)  
1 TSP OLIVE OIL  
SALT & PEPPER TO TASTE  
4 CUPS HOT CHICKEN BROTH OR WATER**

## *Optional:*

**8 OZ MUSHROOMS  
3 LARGE ONIONS**

**PLACE A POT ON HIGH HEAT. ADD OIL. (OPTIONAL: SAUTÉ ONIONS. AFTER THEY BEGIN TO SOFTEN ADD MUSHROOMS) ADD COUSCOUS AND SEASONING TO THE OIL IN THE POT, STIRRING SO THAT IT DOESN'T BURN. ADD WATER OR BROTH. COVER AND SIMMER FOR 8-10 MINUTES STIRRING OCCASIONALLY.**