



United States Department of Agriculture

MyPlate **KITCHEN**

Passover

Cheese Stuffed Potatoes

Make: 4 servings

Ingredients

4 potatoes (large, baking)
1 cup cottage cheese, low-fat
2 tablespoons 1% milk
2 tablespoons onion (chopped)
1/4 teaspoon paprika

Directions:

1. Wash hands with soap and water.
2. Preheat the oven to 400 degrees.
3. Scrub the potatoes.
4. Put the potatoes in the oven. Bake 30 to 40 minutes until tender.
5. Slice each potato in half lengthwise.
6. Use a spoon to scoop out the inside of each potato. Leave about 1/2 inch of potato next to the skin. Save the inside part of each potato in a small bowl.
7. Peel the onion. Chop it to make 2 tablespoons chopped onion.
8. Put the cheese, milk, and onion in another small bowl. Add the insides of the potatoes. Mix with a fork until light and fluffy.
9. Divide this mix into 8 parts. Put part of the mix inside each potato.
10. Sprinkle paprika over the potatoes.
11. Return to the oven for 5 minutes to reheat.

Citrus Salad

Make: 8 servings

Ingredients:

1 grapefruit (peeled)
1 orange (peeled)
10 cups fresh greens (lettuce)
1 red onion (small, sliced thin)
2 tablespoons cider vinegar
1 tablespoon lime juice
1 tablespoon vegetable oil
1 tablespoon water
1/4 teaspoon black pepper
1/4 teaspoon cumin

Directions:

1. Wash hands with soap and water.
2. Cut fruit into bite size pieces.
3. Toss with lettuce and onion. Mix remaining ingredients for dressing. Drizzle over salad and toss just before serving.

Dilled Fish Fillets

Make: 4 servings

Ingredients:

1 pound haddock or cod fillets (frozen)
1 tablespoon lemon juice
1/8 teaspoon dill weed (dried)
1/8 teaspoon salt
black pepper (optional)

Directions:

Microwave Method:

1. Wash hands with soap and water.
2. Thaw frozen fish in refrigerator overnight or thaw in microwave oven. Then, separate into 4 fillets or pieces
3. Place fish in a glass-baking dish. Cover with wax paper.
4. Cook at "medium" power in the microwave for 3 minutes. Remove cover, turn fish over, and sprinkle with lemon juice and seasonings.
5. Cover and continue cooking at "medium" power for 3 minutes or until fish flakes with a fork.

Skillet method:

1. Separate into four fillets or pieces.
2. Place fish in heated fry pan. Sprinkle with lemon juice and seasonings.
3. Cover and cook over moderate heat until fish flakes when tested with a fork, about 5 minutes.

Passover Rhubarb Cobbler

Make: 8 Servings

Ingredients:

1 3/4 cups sugar, divided
1/4 cup tapioca, quick-cooking
4 cups rhubarb pieces, 1/2-inch
1 cup raspberries, unsweetened
2 tablespoons lemon juice
1 cup matzo meal
1 stick of butter (or margarine), unsalted (1/2 cup)
1/8 teaspoon ground nutmeg
lemon sorbet or whipped cream (optional)

Directions:

1. Wash hands with soap and water.
2. In a shallow 2-quart baking dish, combine 1 1/4 cups sugar and tapioca. Add rhubarb, raspberries, and lemon juice - mixing gently but thoroughly. Let stand from 15 minutes to one hour to soften tapioca, mixing several times.
3. Meanwhile, in a food processor or a bowl, whirl or rub together with your fingers the matzo meal, the remaining 1/2 cup sugar, margarine, and nutmeg to create fine crumbs.
4. Squeeze matzo mixture to compact into lumps, then crumble over rhubarb mixture.
5. Baked in a 375°F oven until cobbler is bubbling in center and top is golden brown, about 1 hour. Let cool 15 minutes.
6. Spoon cobbler into bowls and top with sorbet or whipped cream (optional).

Spaghetti Squash with Tomatoes, Basil, and Parmesan

Make: 4 Servings

Ingredients:

1 1/2 pounds spaghetti squash (about 1 squash)
1 tablespoon olive oil
3 tablespoons Parmesan cheese
1/4 teaspoon dried oregano
2 teaspoons dried basil (or 1/2 cup fresh basil, chopped)
1 cup cherry tomatoes (thinly sliced)
salt and pepper (to taste, optional)

Directions:

1. Wash hands with soap and water.
2. Place the 2 squash halves, cut side down, in glass baking dish. Add about 1/4 cup water and cover with plastic wrap. Microwave on high 12 minutes or until soft when pressed. Let stand covered for 3 minutes.
3. In a large bowl, whisk oil, basil, oregano and 2 Tablespoons Parmesan. Stir in tomatoes and season lightly with salt and pepper to taste.
4. Scrape squash out with a fork, add strands to tomato mixture and toss until combined. Sprinkle with remaining 1 Tablespoon Parmesan cheese.

Vegetarian Matzo Ball Soup

Make: 6 Servings

Ingredients:

Ingredients for Matzo Balls:

2 eggs, lightly beaten
2 tablespoons olive oil
1/8 cup vegetable broth
1/2 cup unsalted matzo meal
1 tablespoon fresh dill
salt (1/2 teaspoon, optional)

Ingredients for Broth:

6 cups vegetable broth, low-sodium
4 carrots (cut into 1/4 inch slices)
2 onions, coarsely chopped
1 1/2 cups parsnips, sliced (medium)
3 tablespoons fresh dill
salt and pepper (to taste, optional)

Directions:

To Make Matzo Balls:

1. Wash hands with soap and water.
2. Stir together eggs, oil, and vegetable stock in a small bowl. Add matzo meal, dill, and salt. Stir until evenly combined. Cover and refrigerate 15 minutes to 8 hours.
3. Bring large pot of water to a boil; add a dash of salt. Using olive oiled hands, form dough into 12 1-inch balls.
4. Drop the balls one at a time into the boiling water. Reduce heat and simmer for 30 minutes.

To Make Broth:

1. While matzo balls are simmering, make soup by adding all ingredients and bringing to a boil.
2. Reduce heat and simmer for 20 minutes.
3. To serve, spoon 2 cooked matzo balls into a bowl and ladle 1 cup of soup over them.