

Recipe Finder

Cookbook



Passover

Cheese Stuffed Potatoes

Yield: 4 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 2 potato halves, 1/4 of recipe (217g)
 Servings Per Container 4

Amount Per Serving			
Calories 160		Calories from Fat 5	
		% Daily Value*	
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	230mg		10%
Total Carbohydrate	28g		9%
Dietary Fiber	2g		8%
Sugars	3g		
Protein	10g		
Vitamin A	2%	Vitamin C	45%
Calcium	6%	Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

Source

Pennsylvania Nutrition Education Program,
 Pennsylvania Nutrition Education Network
 Website Recipes

Citrus Salad

Yield: 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

Instructions

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

Nutrition Facts

Serving Size 1 1/2 cups prepared salad, 1/8 of recipe (153g)
 Servings Per Container 8

Amount Per Serving			
Calories 60		Calories from Fat 15	
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	25mg		1%
Total Carbohydrate	10g		3%
Dietary Fiber	3g		12%
Sugars	7g		
Protein	1g		
Vitamin A	60%	Vitamin C	45%
Calcium	2%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Source

Ponichtera, Brenda RD
 ScaleDown Publishing, Inc.,
 Quick and Healthy, Vol.II, 1995,
 p.100

Dilled Fish Fillets

Yield: 4 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 4 oz. piece of fish, 1/4 of recipe (83g)
 Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories	100	Calories from Fat	10
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Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	65mg		22%
Sodium	150mg		6%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	20g		
<hr/>			
Vitamin A	2%	Vitamin C	2%
Calcium	2%	Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

Source

University of Illinois, Extension Service, Microwave Recipes

Passover Rhubarb Cobbler

Yield: 8 Servings

Ingredients

1 3/4 cup 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
 1/2 cup butter (or margarine)
 1/8 teaspoon ground nutmeg
 lemon sorbet or whipped cream (optional)

Instructions

1. 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.
2. 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.
3. Squeeze matzo mixture to compact into lumps, then crumble over rhubarb mixture.
4. Baked in a 375°F oven until cobbler is bubbling in center and top is golden brown, about 1 hour. Let cool 15 minutes.
5. Spoon cobbler into bowls and top with sorbet or whipped cream (optional).

Nutrition Facts

Serving Size 1/8 of recipe (161g)
 Servings Per Container 8

Amount Per Serving

Calories 370 **Calories from Fat 100**

% Daily Value*

Total Fat 12g **18%**

 Saturated Fat 7g **35%**

 Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 105mg **4%**

Total Carbohydrate 68g **23%**

 Dietary Fiber 3g **12%**

 Sugars 45g

Protein 2g

Vitamin A 8% • Vitamin C 15%

Calcium 6% • Iron 2%

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Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Source

[Prairie Fare, June 6, 1999](#)
 North Dakota State University
 Extension Service.

Spaghetti Squash with Tomatoes, Basil, and Parmesan

Yield: 4 Servings

Ingredients

- 1 spaghetti squash (about 1 1/2 pounds)
- 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)

Instructions

1. 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.
2. In a large bowl, whisk oil, basil, oregano and 2 Tablespoons Parmesan. Stir in tomatoes and season lightly with salt and pepper to taste.
3. Scrape squash out with a fork, add strands to tomato mixture and toss until combined. Sprinkle with remaining 1 Tablespoon Parmesan cheese.

Nutrition Facts

Serving Size 1/4 of recipe (190g)
 Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 85mg **4%**

Total Carbohydrate 12g **4%**

 Dietary Fiber 3g **12%**

 Sugars 5g

Protein 3g

Vitamin A 10% • Vitamin C 15%

Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Source

University of Maryland
 Extension.
[Eat Smart. Be Fit.](#) Recipes.

Vegetarian Matzo Ball Soup

Yield: 6 Servings

Ingredients

	Ingredients for Matzo Balls:
2	eggs, lightly beaten
2 tablespoons	olive oil
2 tablespoons	vegetable broth
1/2 cup	unsalted matzo meal
1 tablespoon	fresh dill
1/2 teaspoon	salt (optional)
	Ingredients for Broth:
6 cups	vegetable broth, low-sodium
4	carrots (cut into 1/4 inch slices)
2	onions, coarsely chopped
2	parsnips, coarsely chopped
3 tablespoons	fresh dill
	salt and pepper (to taste, optional)

Instructions

To Make Matzo Balls: 1. 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.

2. Bring large pot of water to a boil; add a dash of salt. Using olive oiled hands, form dough into 12 1-inch balls.

3. Drop the balls one at a time into the boiling water. Reduce heat and simmer for 30 minutes.

To Make Soup: 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.

Notes

Recipe cost can be reduced by substituting dried dill for fresh dill.

Nutrition Facts

Serving Size 2 cooked matzo balls with 1 cup soup, 1/6 of recipe (423g)
Servings Per Container 6

Amount Per Serving		% Daily Value*	
Calories	190	Calories from Fat	60
Total Fat	7g		11%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	60mg		20%
Sodium	330mg		14%
Total Carbohydrate	29g		10%
Dietary Fiber	5g		20%
Sugars	10g		
Protein	5g		
Vitamin A	140%	Vitamin C	25%
Calcium	8%	Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	• Carbohydrate 4
			• Protein 4

Source

Boston University. [Sargent Choice Nutrition Center](#).
[Sargent Choice Blog](#).