

Recipes



10-15 Minute Recipes

Blueberry Soup

Serves 4

Not only is this fruit soup a great option for little ones and grown-ups, it's easy and delicious to make. This refreshing soup is perfect for warm summer nights. Feel free to be creative with this recipe, using whatever berries and fruits, fresh or frozen, are a favorite in your home or use whatever you can find locally at your Farmers market. This is a great make-ahead dish that will last you for the week.

Ingredients

2 cups orange juice

2 cups yogurt

1 teaspoon cinnamon, or to taste

Add blueberries, raspberries, or other fruit of your choice (add more to your family's taste)

Instructions

1. Combine orange juice, yogurt and cinnamon in a bowl. Mix well with an egg beater or whisk.
2. Add fruit into the soup and toss to coat. Serve immediately or put into the refrigerator for up to 1 week.

Want to make more of this dish? It's super easy to do. Make sure to use equal parts orange juice and yogurt to alter serving size.

Edamame Dip for Kids and Parents

Serves 8

Little kids are often on the go, and as a result, most of their meals are eaten on the road too. This edamame dip makes the perfect to-go food because it's packed with healthy ingredients and vitamins, and is hard to spill! It's also a great snack for parents and care-takers – no need to feel guilty about eating the leftovers!

Ingredients

- 1 12oz package shelled edamame, fresh or frozen
- 1/2 cup roughly chopped spinach
- 1/2 cup plain yogurt
- 1 avocado pitted and roughly chopped
- 1/2 cup water
- 1/4 cup lemon or lime juice (1- 2 lemons or 2- 3 limes)
- 1-2 teaspoons salt
- Carrots, cucumbers, jicama, crackers or pita chips (for serving)

Instructions

1. If edamame is frozen, prepare according to directions on package.
2. Place drained edamame into a food processor, pulse 5-7 times.
3. Add spinach, pulse 3 more times.
4. Add yogurt, avocado, water, lemon or lime juice, and salt and pulse until smooth. Add more water for a smoother texture.
5. Serve with sliced carrots, cucumber, and jicama, or with crackers and pita chips.

To spice up this dip for grown-ups, add in additional flavorings such as hot sauce, sesame oil, ground cumin, and/or chopped garlic.

5-Ingredient Hummus

Serves 5

Hummus is a delicious, nourishing treat. With its roots in Middle Eastern culture, hummus has become a staple in Jewish kitchens. It's great as a condiment to spread on a sandwich or with chopped vegetables for a healthy snack. Because of its smooth and creamy texture, it's great for infants too!

Ingredients

3 15-ounce cans of chickpeas

2 cloves of garlic

1 lemon, juiced

Pinch of salt

3 tablespoons of olive oil or until the hummus reaches your desired consistency

Instructions

Combine all ingredients into a bowl, use an immersion blender or blender until hummus reaches creamy, smooth consistency. Store in the refrigerator for up to 1 week.

To spice up this recipe for grown-ups, add tehina paste (made from sesame seeds), cayenne pepper, or cumin seeds. This simple recipe will leave your family asking for more!

Israeli Salad

Serves 6

This classic salad is easy, healthy and a guaranteed crowd pleaser! To turn this salad into a meal, prepare 1 cup of bulgur, quinoa, or millet according to package instructions for a delicious and filling tabbouleh salad.

Ingredients

- 6 small cucumbers (or 2 large cucumbers), diced
- 4 tomatoes, seeded and diced
- 1/2 red onion, finely sliced
- 1/2 cup parsley, chopped
- 4 tablespoons mint, minced (optional)
- 4 tablespoons extra-virgin olive oil
- 1 lemon, juiced
- Salt and pepper to taste

Instructions

1. Chop and dice cucumbers, tomatoes, red onion, parsley and mint according to instructions above and toss in a bowl with oil and lemon juice.
2. Season with salt and pepper and serve immediately.

If you plan to make this recipe ahead of time, prepare all ingredients but keep them in separate containers until serving to ensure the ingredients stay crisp and delicious.

Raw Kale Salad

Serves 6

Kale is a superfood, and like most plant foods, it's even more nutrient-potent when eaten raw. Calcium-rich, and one of the strongest liver detoxifiers of the dark leafy greens, kale also possesses properties that neutralize carcinogens. The salt massaged into the leaves helps break down the kale so that it's easier to chew and digest, and so its nutrients are more readily available. Massaging kale is a fun activity to do together with your kids. This salad is an important reminder though – chew your food! The more you chew, the easier time your body will have digesting the food you eat – especially greens!

Ingredients

- 1 bunch curly green kale
- 1 tablespoon coarse sea salt
- 2 tablespoons lemon juice, freshly squeezed
- 1-2 cloves garlic
- 3 tablespoons olive oil, or to taste
- Pinch of red pepper flakes (optional)

Instructions

1. Wash and dry kale leaves. Rip pieces of leaves off of stem; don't worry too much about shape or size.
2. Sprinkle sea salt and massage well into kale for 2-3 minutes. The salt helps break the leaves down as if they were cooked a little bit, making them easier to chew and easier to digest (plus tasty!). You can use more salt if you want, but beware that it can be easy to go overboard.
3. Massage in lemon juice, which also aids in breaking down the leaves a bit.
4. Pound garlic in a mortar and pestle (or bowl) with a small pinch of salt and the olive oil, mashing it until it forms a paste. Add red pepper flakes.
5. Add olive oil and garlic mixture to kale and massage again to marry flavors.

For added crunch, toast some pumpkin seeds in the oven for 10 minutes and add those too. And if you want more spice, add a small pinch of cayenne pepper and olive oil to your pumpkin seeds while they toast. Other nice additions to this salad could be: avocado, sunflower seeds, anchovies, walnuts, a crumbly cheese or freshly grated parmesan, or grated carrot or beet for color.

Salsa Verde

Yields approximately 1 cup

This fabulous side dish can easily become part of your repertoire and take a meal from blasé to boisterous. It can accompany so many things – pasta, fish, whole grains, and vegetables. It takes the white bean dip (p.22) from good to great. While its strong flavors and piecemeal quality make it better for adults than babies, it can be a good way to introduce your toddler to stronger flavors, like fresh garlic and lemon. Or keep it for yourself and enjoy the fact that some things are still just for you!

Ingredients

- 1 bunch flat leaf parsley (curly parsley will work too)
- 4 tablespoons olive oil, or to taste
- Zest and juice of 1 lemon (about 2 teaspoons, and 3 tablespoons respectively)
- 1-2 cloves garlic, minced and mashed
- Sea salt and pepper, to taste

Instructions

1. Finely chop parsley.
2. Add lemon zest, salt, and pepper.
3. Mix mashed garlic and olive oil together. Combine with parsley-lemon mix. Eat on everything!

Any good salsa verde varies, and you should feel empowered to tweak this recipe as you like with more or less of anything. Parsley is the traditional herb, but many different herbs can be used instead or in addition to parsley – mint, dill, thyme, tarragon, cilantro, etc.

Seasonal Salad with Raisin Vinaigrette

Serves 4

A simple green salad doesn't have to be boring. The key to making a salad feel fun is having lots of different colors and textures. If you don't have the ingredients this recipe calls for, find other fruits and veggies that will give your salad an extra depth. If you have a salad spinner, now is the time to use it! Your lettuce will never be drier than when your child gets to spin away!

Fall Salad Ingredients

- Salad greens of your choice, like arugula
- 1 large sweet potato or yam
- 1 tablespoon olive oil
- Pinch of salt
- 1 cup pecans (or walnuts)
- 1 tablespoon maple syrup
- 1 teaspoon raw sugar
- Seeds of 1 pomegranate
- 2 ripe pears

Instructions

1. Toss washed and diced sweet potato with olive oil and salt, and place on a baking tray at 400°F until sweet potato is soft on the inside, and slightly crispy on the outside, about 15 minutes. Set aside to cool.
2. Toss pecans with maple syrup and sugar. Place on a lightly oiled baking tray and bake at 375°F until pecans are toasted, about 5-10 minutes. Remove from oven and cool.
3. Cut pomegranate in half and put in a bowl of cold water, extract seeds, which will fall to the bottom of the bowl. Get rid of membranes and skins, and drain seeds.
4. Cut pears into thin slices or small dices.
5. Arrange salad green, sweet potatoes, pecans, pears, and pomegranate in a large bowl or on individual salad plates. Dress with Raisin Vinaigrette recipe on following page.

Raisin Vinaigrette Ingredients

Yield: about 1 cup

- 1 cup golden raisins
- 4 tablespoons white wine vinegar
- 2 tablespoons water, plus 8 tablespoon warm water, or more as needed
- 3 teaspoons whole grain mustard
- 5 1/2 teaspoons capers, plus 1 teaspoon caper brine
- 1 minced shallot
- 2 teaspoon lemon juice
- 1 heaping teaspoon ground cumin

Instructions

1. In a small pot, heat raisins, wine vinegar, and 2 tablespoons water.
2. Bring to a quick boil, turn off heat, and let steep. Cool to room temperature.
3. Add mustard, capers, shallot, lemon juice, and cumin.
4. Pulse in a food processor, adding oil in a thin stream. Add warm water, as necessary, to thin to desired consistency.

Salad can become a hearty and satisfying highlight of any meal when you incorporate a variety of raw and cooked ingredients. Get inspired by whatever is in season. Add toasted nuts or seeds or cooked beans and grains to turn your salad into a whole meal.

White Bean Dip

Serves 8

Finally, a hummus alternative worth the bother! This recipe is no bother at all really, especially if you use canned beans. Fresh beans are low on labor, but a bit demanding on time. However, fresh beans are entirely worth it, especially since they freeze well, and are much more flavorful. This white bean dip is an easily edible and digestible food for baby, and delicious for the whole family.

Ingredients

- 2 cans white beans or 1 cup dried white beans
- 2 garlic cloves
- 1 cup bean broth (from cooking beans, or use water for canned beans), plus more to taste
- 1 cup olive oil, plus more to taste
- Juice of 2-3 lemons, (about 6 – 9 tablespoons), or to taste
- Pinch of salt

Instructions

1. Drain canned beans retaining 1 cup of the bean water. Rinse the beans well. If using dried beans, prepare according to package directions.
2. Using a food processor, chop garlic with a pinch of salt.
3. Add beans, bean broth or water, olive oil, and lemon juice, and blend until it's creamy.
4. Taste and adjust balance of flavors to your liking.

This dip can be integrated into other foods for toddlers—if you thin it a bit with broth you can use it as a white sauce for pasta. This bean dip is also wonderful on crackers or whole grain bread, and is also great on veggies. It's a great source of protein for the whole family, and is rich in iron which is so important for the pregnant mother.

20-25 Minute Recipes

Lemon Herb Couscous

Serves 4-6

Couscous is a great go-to dish because it cooks in no time. Just boil water, throw in the tiny little morsels and allow it to sit for 5 minutes. This recipe is easy to throw together during a busy weeknight, especially if you have a little one who can pick and tear the herbs for you.

Ingredients

- 1 medium onion, finely chopped
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 1/2 cups vegetable broth, chicken broth, or water
- 1 cup whole wheat couscous
- 1/2 cup finely chopped fresh parsley or cilantro
- 1/2 cup finely chopped fresh basil
- 1/3 cup finely chopped fresh mint
- 1 lemon - zest and juice, or more to taste
- Salt to taste

Instructions

1. Sauté onion in oil in a medium sized saucepan over medium heat, stirring occasionally, until golden - about 3 minutes. Add garlic and cook, stirring, for 30 seconds. Add water and broth and bring to a boil.
2. Stir in couscous, then cover and remove from heat. Let couscous stand, covered, 5 minutes, then fluff with a fork.
3. Stir in herbs, lemon juice, and one teaspoon of the lemon zest. Season with salt to taste and add more lemon juice or zest as desired.

For a heartier version of this yummy meal, use hardier herbs like thyme and rosemary. Additionally, serve this dish with some sautéed or steamed veggies for a delicious meal.

Granola: Create your own Signature Blend

Yields approximately 4 cups

The great thing about granola is that it's easy to make, and can serve as a delicious, hardy breakfast or snack. It's also very easy to substitute ingredients and spices so that it suits the taste buds of your family. Using the recipe suggestions below makes a super flavorful and healthy granola, or you can pick and choose which ingredients you and your family like best to create your own family recipe!

Ingredients

Basics:

- 4 cup rolled oats (not instant)
- 1/2 cup real maple syrup
- 1/3 – 1/2 cup extra virgin olive oil or other oil of your choice
- 1 teaspoon salt

Nuts and Seeds: Mix nuts and/or seeds in any combination totaling 1 1/2 - 2 cups:

- Raw pumpkin seeds
- Raw sunflower seeds
- Pecans
- Walnuts
- Pistachios
- Almonds
- Hazelnuts
- Cashews
- Sesame seeds

Dried Fruit: add any combination totaling 1 – 1 1/2 cups:

- Dried apple rings, cut into bite sized pieces
- Coconut flakes or chips
- Dried cranberries
- Raisins (if using golden raisins, add after the granola has baked)
- Currants
- Dried cherries
- Dried apricots, cut into bite sized pieces (add to granola after it is baked)

Optional spices and flavorings: select 1-3 from the list below

- 1/2 - 1 teaspoon cinnamon
- 1/2 - 1 teaspoon cardamom
- 1/2 - 1 teaspoon allspice
- 1/8 – 1/4 teaspoon ground cloves
- Zest of 1/2 orange
- Zest of 1 lemon
- 1 teaspoon vanilla extract

Instructions

1. Preheat oven to 300°F.
2. In a large bowl, combine oats, dried fruit and seeds and mix well.
3. In another bowl, combine maple syrup, oil, salt and any spices/flavorings.
4. Pour wet mixture over oats and mix until all ingredients are well coated.
5. Spread mixture in one even thin layer on two sheet pans. Bake for 12-15 minutes, stirring twice during the baking process and rotating the pan if the granola is browning unevenly. Be careful not to overcook—the oats should be very lightly browned and may still be a bit wet when they come out of the oven. They should crisp up as they cool.
6. Allow the granola to fully cool, then store in an airtight container for up to 3 months. Enjoy for breakfast with milk, as a snack, or serve with yogurt and fresh fruit.

***Some delicious combinations:** cinnamon, apple, walnut, and raisin; cardamom, pistachio, apricot, and coconut; cherry, allspice, vanilla, pumpkinseed, and pecan; cranberry, lemon zest, almond, sunflower seed, and allspice.*

Seasonal Slaw

Serves 4-5

This crunchy slaw is a great way to make use of seasonal ingredients – or feel free to use whatever crunchy veggies you might have in the fridge (even the stems of broccoli!). If you have a food processor, this colorful slaw will really take no time at all. Just chop the veggies into even chunks, and use the grater blade.

Ingredients

- 4 tablespoons olive oil
- 4-5 tablespoons freshly squeezed lemon juice
- 1 teaspoon fennel seeds, toasted (ground or left whole)
- Coarse sea salt, to taste
- 1 large fennel bulb, trimmed, sliced very thin
- 5 cups thinly sliced green cabbage
- 2 red apples, unpeeled, cored, and cut into matchsticks
- 5 tablespoons raisins

Instructions

1. In a bowl, whisk together oil, lemon juice, and fennel seeds. Season with salt and pepper.
2. Add fennel, cabbage, apple, and raisins, and toss to combine. You can add some of the fennel fronds as well.
3. Refrigerate for 15 – 45 minutes.

Want to spice up this recipe? Use a vegetable like kohlrabi or chayote (available at most health food stores) for a unique and refreshing take on this salad.

Sweet Date Coconut Truffles

Makes 10-12 truffles

These delicious bite sized truffles are a fantastic, naturally sweet snack or dessert (and are great to have around if you are expecting and have sudden cravings for sweets). The key to this recipe is using dates that are soft and pliable, and that still maintain a good amount of their moisture. These truffles are gluten-free, dairy-free, and can be prepared nut-free. Rolling the the truffle balls in coconut is a fun activity that the whole family can do together.

Ingredients

- 2 generous cups of soft dates, pits removed (medjool dates are highly recommended)
- 1 cup raisins
- 2 cups shredded unsweetened coconut, divided into two 1 cup portions
- 1/2 cup slivered almonds or shelled pistachios
- 1/4 teaspoon cinnamon or cardamom (optional)

Instructions

1. Place dates, raisins, 1 cup coconut, and nuts (if using), into a food processor and mix until all of the ingredients come together in a ball. If the dough is too dry, add a few additional moist dates or a bit of water 1 teaspoon at a time.
2. Remove dough from the food processor and form 1-inch balls. Roll the balls in the remaining cup of shredded coconut to coat.

Don't worry about sticking to closely to the exact ingredients—dried cherries or cranberries may be substituted for raisins and another sticky dried fruit, like prunes, can be used instead of dates. The idea is to end up with something that can stick together. For a more decadent treat, dip each truffle into melted chocolate.

30 Minute Recipes

Fruity Breakfast Muffins

Makes 12 muffins

Muffins are a great breakfast option, and a filling snack time food as well. Since all of the prep work in this recipe is mixing, this can be a great opportunity to invite your child into the kitchen. Make sure to measure out everything in advance, and call your child in to help when everything is ready to mix together.

Ingredients

- 1 1/2 cups whole-wheat pastry flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 2 eggs
- 2 tablespoons honey
- 1 teaspoon pure vanilla extract
- 1/4 cup coconut oil
- 3/4 cup fresh squeezed orange juice
- 1 large banana, sliced
- 1/2 cup berries (frozen is fine)

Instructions

1. Heat oven to 400°F. Mix dry ingredients and wet ingredients separately, then mix together until combined, being careful not to over mix.
2. Line a muffin pan with liners and fill 2/3 to 3/4 of the way with batter.
3. Add banana slices and berries (chop up larger berries like strawberries) to each cup and push in gently with a finger or spoon.
4. After the filling has been added to each muffin, slide the tray into the oven and bake for 10-15 minutes or until a toothpick comes out clean. Serve warm or at room temperature. Muffins can last in the freezer for 3 months (make sure to cool before freezing).

Make these muffins extra fun by purchasing fun colored or patterned muffin tin liners at a local craft store. You can also purchase tiny muffin trays or a muffin tray in fun shapes to make this an extra special treat.

Beet and Barley “Risotto” with Goat Cheese

Serves 4

Traditionally, risotto is a slow cooked dish that involves a lot of standing and stirring over a pot. This recipe is a twist on the basic risotto concept. It uses different grains than traditional starchy Arborio rice. This recipe highlights beautiful fall root vegetables, and is an easy one-dish meal for any age (and easy to puree for babies who can't chew yet). Pearl barley is a great source of plant protein, especially for babies who aren't ready to chew legumes yet, or for toddlers who enjoy plain grains. Aside from legumes, beets are one of the most iron-rich plant foods available, which is important for pregnant moms who are storing a lot more blood in their bodies, as well as for postpartum moms who need to renew their iron stores.

Ingredients

5 cups water	4 medium/large beets (red or golden), peeled, and cut into 1/2 inch dice
3 tablespoons olive oil	2 tablespoons rosemary, minced
1 1/2 cup diced onion	6 cups thinly sliced Swiss chard leaves
1 teaspoon coarse sea salt	6 ounces fresh goat cheese, cut into pieces
1 1/2 cup pearl barley	Freshly ground black pepper, to taste
1 tablespoon peeled and minced fresh ginger	Freshly grated Parmesan for serving (optional)

Instructions

1. Combine barley, beets and water in a pot, with a pinch of salt if desired, and bring to a boil over high head. Once the ingredients are boiling, turn down the heat to a low simmer and continue to cook for about 25 minutes until beets and barley are tender.
2. Warm the oil in a saucepan or pot (wide and shallow is best, but anything will do), add onion and 1 teaspoon of salt, sauté. When the onion starts to color and soften, add ginger and rosemary, sauté two minutes.
3. Add the sautéed ingredients to the pot of cooked barley and beets.
4. When everything is cooked through, add in sliced chard and let it wilt for a minute or two. Turn off the heat. Stir in the goat cheese until it melts in, season with salt, pepper, and parmesan, and serve.

Don't have beets on hand? Try turnips, rutabagas, or parsnips instead. Accompany either of these with a salad or a slaw and you've got a lovely meal that isn't too hard to get onto the table!

Goat Cheese Pie

Serves 6

There's something about goat cheese fresh out of the oven that's simply delicious and comforting. This pie is particularly wonderful in the fall or spring when leeks are at their peak—it's got that fresh start-of-something-new feeling. The pie is great right out of the oven, at room temperature the next day, or even cold two days later. It's also great to bring to picnics or potlucks.

Ingredients

- 1 whole wheat pie/tart shell
- 2 large leeks (or 6 slender ones)
- 1 tablespoon unsalted butter
- 6 ounces goat cheese
- 2 medium eggs
- 1/2 cup whole milk
- 1/2 cup crème fraîche
- Sea salt and freshly ground pepper, to taste
- Chopped thyme leaves to garnish

Instructions

1. Preheat oven to 400°F; take goat cheese out of the fridge so it has a chance to soften.
2. Slice leeks in half lengthwise, cut into half-moons crosswise, and wash well in bowl of water (dirt hides in those layers). When washed, move into strainer, and don't bother drying.
3. Melt butter in a pan, add leeks with clinging water, and sauté over medium heat until tender, about 10 to 15 minutes. Season with salt and pepper.
4. Beat goat cheese with eggs until smooth-ish. Stir in milk, crème fraîche, a pinch of salt and pepper (if you have white pepper, use that).
5. Put leeks into a pie shell (with a slotted spoon so you don't take too much liquid with you). Pour egg mixture over leeks, and bake until golden and puffed, about 30 to 40 minutes. When done, scatter thyme leaves on top, and serve.

This recipe holds up well in the freezer. Double, or even triple, the ingredients and make a few extra pies to store in the freezer for a delicious meal at the end of a very busy day. Try it in Spring with roasted potatoes and a lemony arugula salad for a delicious dinner - or breakfast!

Mediterranean Pizza

Serves 4

This is a versatile recipe that is fun for the whole family. Especially if you have picky eaters, this recipe can create *shalom bayit* (peace in the house) by giving everyone their own pizza to make. Chop up the veggies below (or use your family's favorites) and put them in small bowls and allow each member of your family to make his or her own pizza.

Ingredients

- 1 pre-made frozen pizza crust, thawed before use
- 1 cup pesto (bottled or homemade)
- 1 cup sun-dried tomato
- 1 can artichoke hearts
- 1 cup wilted spinach
- 1/2 cup Kalamata olives
- 4 ounces feta cheese
- 4 ounces mozzarella cheese (or other pizza cheese), grated
- Olive oil (approximately 1 tablespoon)

Instructions

1. Preheat oven to 350°F.
2. Brush thawed pizza dough with olive oil, then spread pesto sauce evenly over the dough leaving 1/2-1 inch border for a crust.
3. Top with olives, sundried tomatoes, artichoke hearts, wilted spinach. Then cover with cheeses.
4. Place pizza in oven for 10 minutes, or until cheese has started to become bubbly and brown.
5. Allow pizza to cool before slicing.

Spice it up! Make these pizza toppings something your family will really love. Add seitan strips for a chicken texture, bell peppers, walnuts or pine nuts, or fresh basil. Try the pesto on taco shells or tortillas too, adding beans, avocados and chopped tomatoes for fresh flavors.

Strawberry Rhubarb Crumble

Serves 6

Desserts are delicious, but they can also be a lot of work. The great thing about crumbles is that they are super easy to make, and the process is the same no matter what fruit goes in. The topping for this crumble is simple to make. Invite your kids into the kitchen to use their hands to crumble up the ingredients into a crumbly topping, and then have them sprinkle it on top of the fruit.

Ingredients

Filling:

- 1 1/2 pounds trimmed and sliced rhubarb
- 1/2 cup sliced strawberries
- 1/3 cup sugar, or more to taste
- 1 teaspoon orange zest

Crumble Topping:

- 1/2 cup all-purpose flour
- 3/4 cup rolled oats (not instant)
- 1/4 cup packed brown sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ginger powder (optional)
- Pinch of salt
- 7 tablespoons cold, unsalted butter or non-hydrogenated margarine, cut into small pieces

Instructions

1. Preheat the oven to 375°F.
2. Combine rhubarb, strawberries, sugar and orange zest in a 2-quart sauce pan set over medium-high heat. Cook, stirring occasionally, until rhubarb is tender, 5-7 minutes. Remove from heat and set aside.
3. In a bowl, mix flour, oats, brown sugar, cinnamon, ginger powder and salt. Add the butter or margarine and, using your fingers or a food processor, incorporate the ingredients until the mixture resembles coarse crumbs. (Do not overmix - the mixture will look like sand if it is overmixed).
4. Pour cooked rhubarb mixture to an 8x8-inch glass dish and spread crumble topping evenly over fruit. Bake until topping is golden brown and fruit is bubbling, about 30 minutes. Remove from oven and let cool for 5-10 minutes before serving.

Make this strawberry rhubarb recipe in the early summer, when strawberries are their juiciest. Use other berries in the late summer, and substitute apples for a fall dish. No matter what fruits you choose, this will be sure to be a crowd pleaser!

40 Minute Recipes

Kosher for Passover Sweet Potato Gnocchi

Serves 3-4

During Passover, it's easy to get stuck in a matzah pizza rut. This recipe is scrumptious and unique, especially during these matzah filled days. The gnocchi are soft and easy to chew for little ones,

Ingredients:

- 1 cup mashed sweet potato (hot or cold)
- 1/4 cup ricotta
- 1/2 cup matzah meal
- 1/4 cup potato starch
- 1 teaspoon kosher salt

For sauce:

- 1/2 cup unsalted butter
- 10 fresh sage leaves

Instructions

1. Boil 1 large or 2 medium sweet potatoes in a pot until fork tender. Drain and let cool slightly. Remove skins (they will slide off easily). Put potatoes into a bowl and mash with a fork until smooth.
2. Add ricotta, matzah meal, potato starch, and salt to the bowl with the potatoes, and mash together all ingredients.
3. When the dough is well mixed, break it into 4 even pieces.
4. Roll each piece to a log 10 inches long. Then cut each log into smaller pieces (about 15 per roll).
5. Using a fork, press down in a rolling motion flattening them slightly and make indentations.
6. Boil in salted water until they rise to the surface.
7. In a large sauce pan, melt the butter and then add the sage leaves. After a few minutes add the gnocchi and cook until the sage leaves are crisp and gnocchi is slightly crisp on the outside.

Gnocchi is surprisingly easy to make. To make this an everyday meal, use flour instead of matzah meal. This recipe could also be served with a traditional marinara sauce, or a yummy cream sauce for a very special occasion!

Fettuccine 'Alfredo'

Serves 8

For some kids, it can be a challenge to get them to eat anything but pasta. This recipe turns an indulgent dish into a healthy one, by making an alfredo sauce out of cauliflower instead of cream, making it a great dinner for both kids and parents.

Ingredients

1 lb. uncooked fettuccine noodles	Pinch of nutmeg (or cinnamon)
3 small heads of cauliflower	Pinch of black pepper
6 cups vegetable broth	1 tablespoon olive oil
6 cloves garlic, minced	1/2 cup heavy cream (or coconut milk)
1 tablespoon butter	1 cup starchy boiling water from pasta pot
1 teaspoon salt	

Instructions

1. Chop the cauliflower. Bring the vegetable broth to a boil over medium high heat and add cauliflower. Cook until cauliflower is soft, about 15 minutes. The longer you cook it, the smoother the sauce will be. Meanwhile, melt the butter in a large skillet over medium heat. Add the minced garlic and sauté for 4-5 minutes or until soft and fragrant.
2. As the garlic and cauliflower are cooking, bring a large pot of water to boil and cook the fettuccine according to directions on package, reserving 1 cup of the starchy water to add to the sauce later.
3. Transfer cauliflower to a blender with about 2 cups of the broth. You may need to do this in batches depending on the size of your blender. Add the sautéed garlic, salt, nutmeg, and black pepper and puree until very smooth, about 5 minutes. Stream the olive oil into the blender. Add more broth or water if the mixture is too thick to move through the blender. You want it to turn through the blender easily. When puree is very smooth, transfer back to the butter/garlic skillet.
4. Add the cream and cook over low heat. Add the starchy pasta water (or regular water if you're not making pasta) and keep warm until ready to serve. Combine noodles and sauce in a large pot or skillet and serve immediately.
5. The sauce will "dry out" a little bit as it cools on the pasta. Adding a little water to the leftovers will help make it creamy again. Use 1 cup of sauce per half a pound of noodles.

Cauliflower makes a healthy replacement for lots of other foods too. Instead of serving mashed potatoes, try making cauliflower mash by steaming cauliflower until it's fork tender, draining the liquid, and then adding an additional 1/4 - 1/2 cup of milk or water. Using an immersion blender, mash up the cauliflower until it's nice and creamy!

Red Lentil Soup with Greens

Serves 4-6

This soup is the ultimate in versatility. It's the perfect Winter dinner—with greens and the possible addition of a side of brown rice – it's a complete meal. Dress it up or down for your kids—make plain lentils when they're just eating pureed foods, or make it spicier for yourself and the rest of the family. Adding greens makes this nutritious soup a powerhouse!

Ingredients

1 teaspoon olive oil	1-2 tomatoes, diced (1 cup)
1 onion, diced small (1 cup)	1 cup split red lentils, rinsed and drained
1/2 teaspoon kosher or sea salt	4 cups water or stock
1 clove garlic, minced (1 tsp)	2 cups baby spinach or kale, washed, chopped into bite sized pieces
1 large carrot, diced small (1 cup)	Juice of 1/2-1 lemon
1 teaspoon ground cumin	Salt and pepper to taste
1/4 teaspoon red pepper flakes (optional)	

Instructions

1. In a medium saucepan, heat the olive oil over medium heat. Once the oil shimmers in the pan, add the chopped onion and ½ tsp salt, and sauté until translucent, about 5 minutes. Add the garlic and carrot and cook for another 3-5 minutes, until they start to soften.
2. Add the cumin and red pepper flakes, if using. Sauté for about 2 minutes, until cumin is very fragrant, but not burning. Add 1/2 cup of water. Turn up the heat to reduce the water. When the water has cooked off, add the chopped tomatoes, lentils and remaining water or stock.
3. Turn heat up to high, bring soup to a rapid boil, and reduce to low and cover. Cook for 20 minutes, or until lentils are cooked through. They will fall apart on their own, naturally creating a pureed soup.
4. Turn off heat, uncover pot, and add the spinach or kale to the top of the lentils. Cover and allow greens to wilt.
5. Stir in greens, taste, and add lemon juice, additional salt and pepper to taste. Let cool a bit before serving.

Don't be afraid to experiment with the spices—curry, turmeric, and coriander, for example. Let your preschooler wash the vegetables. Your child might also be able to tear up the kale for you—a great time saver! This recipe also freezes very well and can keep in the refrigerator for up to one week.

Sweet and Savory Hamentaschen

Makes approximately 24 cookies

Hamentaschen are delicious cookies that are traditionally served on Purim, but not everyone makes them the same way. Sephardic Jews from the Middle East make cookies called menanas, ma'amoul, and makrud, which are filled with dates, whereas Jews from Syria create circular treats out of sesame seeds and butter to symbolize Esther's jewelry. Ashkenazi Jews from Austria or Hungary have a tradition of making kindii (little children), representing a baby wrapped in a blanket—and Haman's large family. Traditionally, in Western Europe Jews made gingerbread men on Purim. Jews from Eastern Europe made 3-cornered hamentaschen to remind us of the shape of Haman's hat, which we have brought to you below!

Sweet Ingredients

Dough:

- 1 cup butter (2 sticks), room temperature
- 1 1/4 cup sugar
- 3 eggs
- 1/4 cup orange juice
- 1 1/2 teaspoons vanilla extract
- 3 cups unbleached all-purpose flour, plus up to 1 cup extra

1 cup whole-wheat pastry flour (you can use all-purpose flour exclusively, if you don't have whole wheat pastry flour. Don't substitute regular whole-wheat flour because it will make the dough too tough).

1/2 teaspoon salt

2 1/2 teaspoons baking powder

Filling:

2 cups of fruit preserves, any flavor (avoid jelly, as it tends to become runny when baked)

Instructions

1. Preheat the oven to 375°F. In a mixing bowl, or a stand mixer, cream the butter and sugar together. Add the eggs and blend until smooth. Stir in orange juice and vanilla.
2. In a separate bowl, combine the dry ingredients. Fold them into the wet ingredients and mix to make a firm but soft dough. Ideally, wrap in plastic and form into a disk and refrigerate for a few hours for the dough to firm. If you don't have a few hours, then cover and let the dough rest for about 30 minutes to allow the flour to absorb the moisture.
3. Line a large baking sheet with parchment paper. Divide the dough into 3 or 4 flattened discs and work with one portion at a time. Roll out the dough onto a lightly floured board to a thickness of 1/4 inch. Add extra flour to the work surface, to the dough, and to the rolling pin so it is not sticky. Use a 3-inch cookie or biscuit cutter, and cut as many rounds as you can. Transfer each round to the baking sheet.
4. Fill each round with 1 teaspoon of your desired filling. Wet the rim with water. Fold 3 sides of each circle together, creating triangles.
5. Bake in the center or top of the oven for about 12-15 minutes, or until golden brown. Cool on the baking sheets or cooling racks. Note: These cookies can be re-rolled until all of the dough has been used up. It is a very 'forgiving' dough. The dough can be frozen in 2 layers of plastic wrap until needed.

Savory Ingredients

Dough:

- 1 cup unbleached all-purpose flour
- 1/2 cup whole wheat pastry flour
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1/4 cup olive oil
- 1 egg + 1 egg yolk
- 2 tablespoons water

Filling:

- 3/4 cup tomato sauce
- 3/4 cup shredded mozzarella cheese

Instructions

1. Preheat oven to 375°F. Combine the flour, sugar, salt, and baking powder in a stand mixer, food processor, or mixing bowl. Pulse or mix on low to combine.
2. In a separate bowl, combine the oil, egg and egg yolk, and water. Add these to the dry ingredients. Mix or pulse to combine, but do not over mix. Over mixing might cause the oil to separate from the dough and will make it tough.
3. Turn the dough out onto a lightly floured surface and form into a disk. If you have time, wrap in plastic wrap and refrigerate for 30 minutes to allow the flour to absorb all the moisture.
4. Line a large baking sheet with parchment paper. Divide the dough into 3 or 4 flattened discs and work with one portion at a time. Roll out the dough onto a lightly floured board to a thickness of 1/4 inch. Add extra flour to the work surface, to the dough, and to the rolling pin so it is not sticky. Use a 3-inch cookie or biscuit cutter, and cut as many rounds as you can. Transfer each round to the baking sheet.
5. Fill each round with 1 teaspoon of tomato sauce and top with 1 pinch (approximately 1 teaspoon) of shredded cheese. Wet the rim with water. Fold 3 sides of each circle together, creating triangles.
6. Bake in the center or top of the oven for about 12-15 minutes, or until golden brown. Cool for a few minutes on baking sheets and enjoy. Best eaten while still hot so that the cheese is still melted!

This hamentaschen dough stores very well in the freezer. Make the dough up to a month in advance and store it in a disc in your freezer—just remember to defrost it before it is time to make the cookies!

1 Hour+ Recipes

Challah

Makes 2 medium-sized challahs

There is nothing like the aroma of fresh bread baking in the oven. This recipe can be prepared by hand, without the aid of a stand mixer. The process of transforming a bowl of flour, water, eggs, oil, and yeast into beautiful elastic dough can be therapeutic and deeply satisfying. These traditional loaves are an integral part of the Jewish Shabbat mealtime rituals. Leftover homemade challah also makes the best challah French toast!

Ingredients

- 1/2 to 1 cup lukewarm water
- 1/4 cup + 2 tablespoons oil
- 2 cups whole wheat pastry flour
- 2 cups unbleached bread flour or all-purpose flour
- 1 1/2 teaspoons salt
- 2 1/4 teaspoons instant yeast (1 packet)
- 1/2 cup honey or agave nectar
- 2 large eggs, beaten
- 2 tablespoons of poppy seeds or sesame seeds (optional)

Eggwash: 1 egg beaten with 1 tablespoon water and a pinch of salt (optional)

Instructions

1. Combine all ingredients and knead until you have a soft, smooth elastic dough. Start with 1/2 cup water and add more if the dough seems dry. The challah dough can be mixed and kneaded by hand, in a mixer with a dough hook, or using a bread machine.
2. Place the dough in a lightly oiled bowl, and turn to coat. Cover the bowl loosely with plastic wrap or a clean kitchen towel. Allow the dough to rise until it doubles in size (1-2 hours). You can also let it rise overnight in the refrigerator.
3. Line a baking sheet with parchment paper or lightly grease with oil. Gently punch down the dough. For one large challah divide the dough into three equal pieces. For two challot, divide the dough in half, and then divide each half into three equal pieces. Shape each piece into a log, cover the dough and allow it to rest for 10 minutes.

4. Roll each piece of dough into strands of even lengths. Place three pieces of dough side by side on the prepared baking sheet and braid them, squeezing the ends together. Slightly tuck the ends underneath. Cover the braid gently with lightly greased plastic wrap or a kitchen towel, and allow it to rise for 45 minutes to 1 hour. At this point the bread should grow and puff out a bit, but not double in size.
5. Near the end of the bread's rise, preheat the oven to 375°F. If you are using egg wash, brush challah with the egg, water, and salt mix. Sprinkle with sesame or poppy seeds.
6. Place the challah in the middle rack of the oven. Check on the challah after 20 minutes. If it appears that the crust is browning too rapidly, create a tent with foil and bake the challah for an additional 10-20 minutes. Baking time will depend on the size of the load. The challah is ready when the crust is golden and a hollow sound is made when the challah is tapped on the bottom. If a thermometer is available, you can check for an internal temperature of 190°F. Remove the challah from the oven and cool. Enjoy!

Traditionally, challah is braided to represent unity, each strand weaving under and over the others with no clear beginning or end. However, if your little one is too young to braid invite them into the kitchen to make their own original challah shape. There is a longstanding tradition of parents and children baking challah together for Shabbat!

Chicken Tagine

Serves 4-6

A tagine is a traditional Moroccan clay cooking vessel with a bowl-like base and conical top, designed to produce condensation to steam the vegetables to a delicious, stew-like consistency. This traditional dish can be easily recreated by using a dutch oven or other casserole dish.

Ingredients

2-3 lbs. chicken pieces, or a whole chicken cut into eighths
2 medium onions, chopped
1 lb carrots cut into chunks
4 cloves of garlic, chopped
8 ounces dried apricots*
4 ounces currants or raisins*
2 teaspoons ground cumin*
1 tablespoon ground cinnamon*
1/2 teaspoon turmeric*
1/2 teaspoon ground coriander*

1 cup chicken stock, vegetable stock, or water
1 cup crushed tomatoes
2 tablespoons of honey
1 lemon, juiced, or more to taste
Salt and ground black pepper to taste

Optional:

1 cup olives, coarsely chopped

Garnish with:

1 bunch of cilantro or parsley leaves, chopped
1/4 cup sliced or slivered almonds, toasted*

**Don't have all of these on hand? Feel free to mix and match for an equally flavorful dish.*

Instructions

1. Preheat oven to 400°F.
2. Mix all of the ingredients except the almonds, cilantro or parsley in a cooking tagine (traditional Moroccan cooking vessel with a conical lid), a sealed casserole, or a large baking dish that can be covered with tin foil. Ensure that the chicken pieces are well coated.
3. Put the lid on the tagine (or seal the casserole/baking dish with a lid or some aluminum foil).
4. Bake for 40 minutes.
5. Check on chicken. Reduce heat to 350°F and continue to bake until the chicken is fully cooked and the carrots are soft (15 - 30 minutes depending on the size of the chicken pieces).
6. Optional: Remove lid and place the chicken tagine under the broiler with the skin side up to brown the chicken pieces. Take care not to burn the dried fruit.
7. Taste the tagine and adjust for seasoning adding more salt, pepper, lemon juice or honey as needed.
8. Garnish with cilantro or parsley and toasted almonds.

For a vegetarian version, replace the chicken with cooked chickpeas or seitan (savory wheat gluten), and any combination of hearty vegetables cut into large chunks such as: sweet potato, butternut or kabocha squash, cauliflower, parsnips, turnips, or rutabaga. Serve with lemon herb couscous for a delicious and balanced meal. For added depth of flavor, sauté the onions in a pan with 1-2 tablespoons oil on a medium flame until lightly golden. Mix in the spices and stir for about 1 minute, until spices are fragrant. Then proceed with the recipe above.