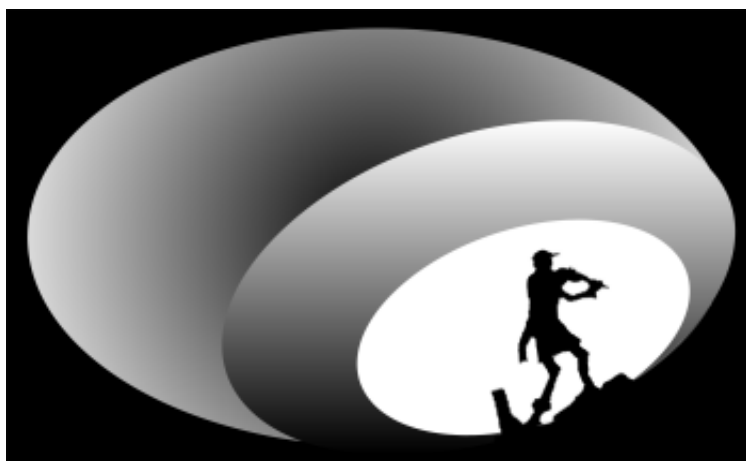


**D**uring the Middle Ages, the Jewish people split into two main groups known as the Sephardic and the Ashkenazi. As a result, two very distinct culinary traditions have emerged over the centuries, and both have played a major role in the Passover Seder. While similar religious practices have remained consistent in both groups, their foods - due partly to climate and availability - have varied. Most Sephardim lived in the warm Mediterranean regions of Spain, Greece, Turkey, and North Africa, where fruits and vegetables were available year round. Ashkenazim, on the other hand, lived in the cooler climates of northeastern Europe, and their diet contained more grains, root vegetables and animal products.

This section contains low-fat Passover classics from both the Sephardic and Ashkenazim traditions. Whether or not you celebrate Passover, it is my hope that these recipes will help inspire you to embrace healthy eating...for life.



# A NOTE ON INGREDIENTS...

Many of these recipes get their flavors from the culture of the Middle East. Here is a list of helpful ingredients, found in many grocery stores in the ethnic section.

**Hummus:** a spread made from chickpeas, spices and tahini.

**Tahini:** sesame seed butter, made from ground hulled sesame seeds.

**Tabouli:** a salad made from bulgur, fresh herbs and ground vegetables.

**Pita Bread:** a flat bread made from white or whole wheat flour.

**Matzo:** a flat bread made without leavening, usually eaten at the holiday of Passover.

# CARROT TSIMMES

- 1 pound carrots**
- 1 8-ounce can crushed pineapples**
- 6 ounces pitted prunes**
- 1/2 cup water**
- 1/2 cup orange juice**
- 1/2 teaspoon ground ginger**
- 1/2 teaspoon ground cinnamon**
- 1/4 teaspoon salt**

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**P**eel carrots.

**C**ook in boiling water for 20 minutes (or until soft & tender).

**D**rain & slice.

**C**ombine crushed pineapple (with juice) and all remaining ingredients.

**S**immer, covered, for 15 minutes over medium-low heat.

**S**erve warm.

**SERVES:** 4

**CALORIES:** 90



Tsimmes is a Yiddish word which means "to increase," and represents our wishes to one another for increased goodness in the new year.

# EGGPLANT HUMMUS DIP

- 1 large eggplant**
- 4 cups cooked, drained chickpeas**
- 1 teaspoon crushed garlic or 4 fresh garlic cloves**
- 1/2 teaspoon ground coriander**
- 1/8 teaspoon ground cayenne pepper**
- 1/2 teaspoon black pepper**
- 1/2 cup minced parsley**
- Dash of lemon juice**

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**P**reheat oven to 375 degrees.

**S**tab the eggplant with a fork and bake on a cookie sheet for 45 minutes.

**R**emove from the oven and cool.


**P**eel the skin off the eggplant and combine the eggplant and the remaining ingredients into the food processor.

**B**lend well until dip is smooth and creamy.

**C**hill and serve with pita bread or table crackers.

**SERVES:** 4~6

**CALORIES:** 18



This chickpea spread tastes best served with warm pita bread. Low in sodium, and high in vitamins A & C, fiber, and iron.

# MATZO VEGETABLE LASAGNA

- 1 cup tomato juice**
- 1/2 teaspoon minced onion**
- 1/2 teaspoon crushed garlic**
- 1/2 teaspoon Italian seasonings**
- 1 cup sliced onions**
- 1/2 cup fresh mushrooms**
- 4 sheets matzos (moistened until soggy)**
- 1 6-ounce container low-fat cottage cheese**
- 1 12-ounce package grated fat-free mozzarella cheese**
- Dash of pepper**
- Vegetable non-stick cooking spray**

**P**reheat oven to 350 degrees.

**S**pray a skillet with the cooking spray.

**S**lice the onions and mushrooms and sauté 5~7 minutes over medium heat.

**I**n a separate bowl, combine the tomato juice with the seasonings and mix well.

**I**n a 8 inch square pan, layer the following:

1/3 of the tomato juice mixture

1 matzo

1/3 of the sautéed veggies

1/3 of the cottage cheese

**R**epeat two more layers.

**T**op with the grated cheese.

**B**ake for 25~30 minutes or until cheese is melted.

**SERVES:** 4~6

**CALORIES:** 75



This mouth-watering variation on a classic Italian dish is sure to satisfy even the most discriminating eaters. They won't believe it's low in fat and calories!

# PASSOVER APPLESAUCE NOODLE KUGEL

- 1 12-ounce package Passover noodles**
- 1 5-ounce jar unsweetened applesauce**
- 1/2 cup white raisins**
- 1 teaspoon cinnamon**
- 1/4 cup sugar**
- 1/2 cup egg substitute**
- Vegetable cooking spray**

**P**reheat oven to 350 degrees.

**C**ook the noodles according to the package directions.

**D**rain and rinse.

**C**ombine with all other ingredients.

**S**pray the bottom of a 1 1/2 quart casserole dish.

**S**pread mixed ingredients into the pan.

**B**ake for 60 minutes.

**SERVES: 6**

**CALORIES: 18**

# SWEET ISRAELI CHICKEN

**3 pounds skinless, boneless chicken breasts**

**24 dried apricots, cut up**

**4 ounces apricot marmalade**

**1/2 cup raisins**

**1/2 cup grape juice**

**1 1/2 tablespoons vinegar**

**1 tablespoon crushed garlic**

**1 large onion, sliced thin**

**1/2 cup honey**

**P**reheat oven to 350 degrees.

**R**inse chicken and lay into a glass baking dish.

**C**ombine remaining ingredients in a separate bowl, mixing well.

**P**our the mixture evenly over the chicken, making sure to cover all breasts well.

**B**ake, covered, for 1 hour.

**R**emove foil and bake an additional 1/2 hour, or until golden brown.



I have been eating this dish since my mother-in-law, Viviam Pock, used to serve it to me and my husband Les when we were just newlyweds. That was many years ago, and the recipe — like the memories it inspires — just gets better with time.

**SERVES: 4**

**CALORIES: 221**