

You will be amazed at how many cooked dishes you could cook without using potatoes as its main ingredient!



Side Dishes

My Pesach Version Squash Kugel

- 6 squash
- 6 eggs
- 1 sautéed onion
- 1/8 cup oil
- 1 cup potato or tapioca starch, or almond flour
- 1/4 cup honey

Slice the squash and salt. (To take away the bitterness, you can let the squash stand for an hour before combining with the rest of the ingredients.)

Rinse the squash, and mix with the rest of the ingredients. Bake at 350 for one hour.

Kohlrabi- the cabbage alternative

Shred it in the food processor, and sauté with salt.

Use it like that, or combine with Kosher L'Pesach lokshen and use instead of cabbage. Remember not to add too much lokshen, only as much as you need to replace the pasta.

Lokshen:

- 1 egg
- 1 T. potato starch
- 1/2 cup water
- 1/2 t. sea salt

Got to be clearer. Whisk all the ingredients together and then using a cup, pour into a frying pan with a ladel. Fry on each side till it becomes golden brown. This will make delicious, fried lokshen. Try them!

Kohlrabi and carrots:

Combine 2 shredded kohlrabi, and 1 shredded carrot with sautéed onion

French Fries

Use onions, sweet potatoes, and beets to make a tasty combination for French fries or chops. Tastes great!

Rainbow

- 1 onion-sliced
- 2 carrots
- 1 beet
- 1 sweet potato
- 1 turnip
- 1 potato (optional)

Cut vegetables into thin strips and fry in oil or schmaltz in a frying pan to which 1 T. salt was added. This recipe also works in the oven - a healthier version with the same great taste, or even better.

Orange and Green Combo

Sauté 1 onion in 1/4 cup oil. Cut 3 carrots, 1 kohlrabi, and 1 zucchini into cubes. Place carrots into pot with some oil, and cook for 3 minutes. Add kohlrabi, and cook for another 1 minute. Then, add zucchini and cook for another minute. Turn flame off and leave the covered pot on the stovetop. The result is delicious!

Mashed "Potato"

When making mashed potatoes, try the following much-healthier variation.

For every 2 pounds of potatoes, add 2 parsley roots, a parsnip and 3 squash to the pot.

Add sauteed onion for added flavor.

Vegetable Blintzes

Crepes:

- 4 eggs lightly beaten
- 1/2 cup potato starch
- 1 cup club soda or water
- 1/2 cup salt
- 1/4 cup oil or schmaltz

Filling:

- 1 onion, diced
- 2 kohlrabi, shredded
- 4 carrots, shredded
- 1 squash, shredded
- 3 T. vegetable oil
- Salt to taste

Sauté onions in oil until translucent. Add vegetables and salt. Cook for 1/2 hour over low heat. Add very little water, if necessary

Fill blintzes with 1-1 1/2 T. of mixture

Sweet Potato.

You are probably wondering why putting the word sweet before the word potato changes anything? Don't be turned off by its name. Sweet potatoes are not really potatoes, they are yams and are much healthier. They are nature's way of saying candy! Try the thin, long organic ones for a really sweet tasting treat.

Baked: Wash the potatoes well, and cut each in half. Grease a baking pan with oil and sprinkle with sea salt. Place the sweet potatoes in the pan face-down. This is very important as it helps retain the flavor of the sweet potato. Bake at 350° for 1 1/2 hours. *Tip: Use organic sweet potatoes for a dish that tastes as sweet as candy.*

Not (nut) Cookies

- 4 egg whites
- 2 cups sugar
- 6 cups any type of blended or grated nut

Beat the eggs to form a snow; add sugar and coconut. Form balls. (Try using a scoop or spoon.) Bake at 250° for half an hour.

Almond Flour Muffins

- 4 eggs-separated
- 1/4 cup oil
- vanilla extract (optional)
- 1/2 cup honey (Instead of honey, you can use 1/2 cup grated apple.)
- 1/4 t. cinnamon
- 2 1/4 cups almond flour

Combine. Drop with a spoon onto cookie sheet, or into small cupcake holders. Bake at 325° for 25 minutes.

Health tip: Never use regular salt. It was not designed by Hashem to be used as food. It is made of rocks, (We will write more about it in a future issue.) and should not be used even for Pesach. Use kosher l'Pesach sea salt from Grain Brain See GPS page 13



Cookies